BENGALURU, SUNDAY, MAY 10, 2026 www.Bangaloremirror.com 16 Pages PRICE ₹4

Bangalore Mirror ON SUNDAY

TEMP Max 32 | Min 23 | Humidity 49% Partly sunny Sensex 77,328 | Nifty 24,176 | Gold 1,53,234 | Silver 2,64,700 | Dollar 94.71 | Euro 111.35 | GBP 129.06

FLIGHT PLAN

City gets closer to its second international airport as technical and economic feasibility study underway for three shortlisted sites

PAGE 4

FOR THE RECORD

Using cameras, comic strips and other creative ways, chroniclers of Kodava community make sure their culture lives on

PAGE 7

In March this year, city witnessed nearly 17 days when the air was not 'good and satisfactory' with AQI exceeding 100, which is almost double the number last year, indicating we may have messed up with speedy urbanisation and failed to curb non-point emission

WAITING FOR CLEAN AIR? DON'T HOLD YOUR BREATH

Biggest culprit is dust from construction corridors, peripheral road widening, metro expansion

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TWEETS @BangaloreMIRROR

PAGE 2: HEAT IS ON

A dive into Bengaluru's air quality data shows that clean air in Bengaluru is slowly but steadily vanishing. Statistics from the Karnataka State Pollution Control Board indicate a sharp drop in the number of "good and satisfactory air" days (AQI less than 100), alongside a rise in days when AQI levels exceed 100.

In March 2026, Bengaluru recorded an average of nearly 17 days with AQI between 100 and 200, nearly twice the number in March last year, and four times higher than the number of such days in 2023.

In March 2025, on average,

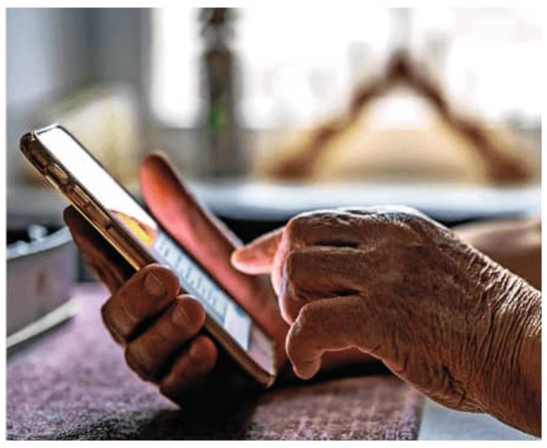
CONTINUED ON PAGE 6 »

"Unmanaged solid waste and its burning, construction and road dust, large-scale infrastructure works, re-suspension of dust from poorly maintained roads, diesel vehicle emissions, and the loss of urban green cover that historically acted as a natural buffer are major reasons leading to moderate air quality in Bengaluru

— Dr Pratima Singh, director, iFOREST

Terror in twilight years

Crimes against senior citizens climb steadily as many in city live alone and struggle to cope with added risk of cyber frauds



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Karnataka witnessed a sharp rise in crimes against senior citizens in 2024, with official data from the National Crime Records Bureau (NCRB) showing a spike in cases as compared to the previous two years.

In 2024, Karnataka recorded 4,247 cases of crimes against senior citizens, while in 2023 it was 1,840 cases and 1,583 in 2022 — marking an increase of nearly 130 per cent year-on-year. The trend was also visible in Bengaluru -- the city registered 660 such cases in 2024, slightly higher than the 649 cases reported in 2023 and significantly above the 458 cases recorded in 2022.

The increase has raised concerns among elderly welfare groups and residents' associations about the safety of senior citizens, especially those living alone in urban areas.

"Many elderly people today are isolated because their children work in other cities or abroad. That isolation often makes them vulnerable to fraud, intimidation, and emotional exploitation," said a city-based social activist working with senior citizen support groups.

Experts pointed out that crimes against

CONTINUED ON PAGE 2 »

THINGS TO DO

01 Craft carnival

Shagun's Vastram exhibition-cum-sale is underway. The showcase features silk and cotton sarees, dress materials, handicrafts, jewellery, home décor and traditional weaves from across India, including Odisha, Rajasthan and West Bengal. **Where: Srihari Kalyana Mantapa, Banashankari 2nd Stage; When: Running until May 17, 10 am to 9 pm**

02 Global party lands

Global music festival phenomenon Elrow makes its Bengaluru debut, bringing its iconic Neo Kaos Garden theme, an immersive mix of music, theatre and high-energy chaos. Featuring international DJs, Spanish performers and signature confetti-filled spectacles, the event promises a full-scale sensory experience. Tickets available on District by Zomato. **Where: To be announced; When: May 23, 3 pm onwards**

03 Ramen rave

CHA Hong Kong Eating House has launched Rollin' Ramen Rave (RRR), a limited-time sushi and ramen pop-up. The pop-up blends Hong Kong street-food energy with Japanese flavours, offering a menu featuring nigiri, signature sushi rolls, crispy nori pockets and slow-simmered ramen bowls. **Where: Phoenix Mall of Asia, Yelahanka; When: Running until May 15**

04 Aqua reflections

Marking the 13th anniversary of Rangoli Metro Art Center, JALA brings together works by 21 young contemporary artists from across Karnataka. The exhibition explores water as a symbol of life, transformation and memory through diverse artistic expressions. **Where: Rangoli Metro Art Center, MG Road; When: Running until May 20, 11 am to 6 pm**

05 Visual legacy

What India Learned to See, From Battala to the Ravi Varma Press and Beyond', presented by the Raja Ravi Varma Heritage Foundation. The exhibition explores how printmaking, led by Raja Ravi Varma, shaped modern India's visual culture through oleographs, lithographs and rare printed works. **Where: Gallery G, Ashok Nagar; When: Running until May 31**

Heatwave brewing in Garden city

Satellite study warns Bengaluru's unchecked urban expansion and shrinking greenery could sharply intensify heat accumulation, worsening thermal discomfort across multiple neighbourhoods

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Shrinking green cover and concrete expansion are raising Bengaluru's temperatures sharply

Given the status quo, many parts of Bengaluru are expected to experience an additional warming of up to 2 degrees Celsius. This will intensify the heat island effect in the city, affecting liveability. These aspects were highlighted in a study conducted by researchers at the National Institute of Technology Warangal. Through satellite imagery, researchers also identified hotspots in the city based on land surface temperature. Four locations were identified as hotspots, including HAL due to industrial activity; Singasandra due to increased urbanisation and the IT zone; Nagarbhavi due to the upcoming transport corridor; and Venkatapura Kushal Nagar, which forms part of the city core.

The projection also indicates that heat conditions across the city will intensify over the next eight years. Moreover, the existing hotspots, or areas with high land surface temperatures, are expected to experience further warming. At the same time, areas with relatively lower temperatures may also become warmer by approximately 1–2 degrees Celsius. The study underlines that thermal discomfort caused by this surge in temperature will further intensify unless targeted mitigation measures are implemented.

"There is a need for climate-responsive urban planning that promotes green and blue infrastructure and informed land-use management to enhance urban thermal resilience and long-term sustainability," the researchers noted. Land surface temperature analysis indicates a strong link between urban expansion and rising thermal intensity across the study area. According to the study, an increase in built-up surfaces, mainly along major transport and development corridors, has led to greater heat absorption and storage. Moreover, the loss of green cover has affected natural cooling, leading to a sharp rise in temperatures between 2014 and 2019.

Researchers identify emerging heat hotspots across the city, linking vanishing greenery, concrete growth and transport corridors to rising thermal stress levels

Researchers also studied land use changes in Bengaluru between 2004 and 2024. Built-up areas increased from 62 to 78 per cent, while vegetation and agricultural land declined steadily. Water bodies remained largely unchanged. Experts say increases in built-up intensity lead to greater heat storage and contribute to the worsening urban heat island effect. However, a slight decline in temperatures was recorded in 2024. Experts say this was largely due to the positive impact of lake restoration, increased green cover and urban cooling initiatives. The study highlighted the vital role of green and blue infrastructure in regulating urban temperatures and reducing heat stress.

Karnataka's monsoon blind spot exposed

With barely two weeks left before the monsoon begins, the State Government is yet to repair thousands of damaged telemetric weather and rainfall monitoring stations across the state, raising serious concerns over crop insurance assessments for farmers. Although the government announced in January that all faulty rainfall and weather monitoring units would be repaired before the monsoon and that new centres would also be installed, the tendering process has still not been finalised even after the first week of May.

According to officials, more than 2,000 rainfall measuring units installed since 2014 have become defunct, while another 2,000 outdated units are reportedly failing to record accurate data. In several gram panchayat offices, rain gauges remain ineffective because roofing structures above them obstruct rainfall measurement.

The delay has raised concern as telemetric weather data is vital for crop insurance compensation, even as the IMD forecasts an early monsoon in Karnataka by late May, ahead of the usual June onset.

Farmers are set to begin sowing and enrol for crop insurance, but concerns persist over claim assessments without accurate rainfall data. Repeated tenders to repair 1,930 damaged rain gauges failed, prompting division-wise bids. The government plans to fix or replace another 2,000 units within four months. Faulty weather data has already sparked compensation disputes and farmer protests in recent years. **— BMB**

Community participation crucial to ensure elders' safety

CONTINUED FROM PAGE 1

senior citizens are not limited to theft or robbery, but also include financial fraud, cybercrime, abuse by caretakers, harassment, and property-related disputes. "Cyber fraud targeting elderly citizens has become a major concern in the last few years. Senior citizens are often less familiar with digital scams and can be manipulated through fake banking calls and online impersonation schemes," he added. The city police have launched several initiatives aimed at improving the safety of senior citizens. These include the "Mane Manege Police" initiative, which focuses on community-level engagement between police personnel and residents.

As part of the initiative, beat police officers have been directed to monitor senior citizens living within their areas, particularly elderly residents who live alone. Authorities have also strengthened awareness campaigns around cyber safety and emergency response mechanisms for senior citizens.

Residents' welfare associations say community participation will be equally important in addressing the issue. "There is a growing need for neighbourhood support systems. Elderly people should not feel abandoned or hesitant to seek help.

Communities must actively look out for vulnerable senior citizens," said a member of a citizens' welfare forum. Activists also stressed the need for better mental health support, accessible legal aid, and regular awareness drives to help elderly residents identify and report abuse or fraud at an early stage.

With Karnataka's elderly population steadily increasing, experts say the sharp rise in cases highlights the urgent need for stronger institutional safeguards and more coordinated efforts between authorities, communities, and welfare organisations to ensure the safety and dignity of senior citizens.

PM visit to snarl traffic

Major traffic restrictions will be in place across parts of Bengaluru on Sunday ahead of Prime Minister Narendra Modi's visit to attend the 45th anniversary celebrations of The Art of Living Foundation and the 70th birthday celebrations of Sri Sri Ravi Shankar. Bengaluru Traffic Police said vehicular movement would be temporarily prohibited on stretches including the HAL Airport exit road from Old Airport Road to the DGCA office, the HAL Airport Gate No. 30 road from Umbrella Junction, and parts of NICE Road during the Prime Minister's movement. Modi is scheduled to arrive at HAL Airport around 9 am, attend a BJP felicitation event, inaugurate the newly built Dhyan Mandir at the Art of Living International Centre, and launch several nationwide social service initiatives focused on mental health, rural development, environmental conservation and social transformation. **— BMB**

SSLC exam countdown begins

Karnataka School Examination and Assessment Board announced that the SSLC Exam-2 for the 2025–26 academic year will take place from May 18 to May 25 across the state. A total of 1,14,444 students have registered for the examination, which will be conducted at 358 examination centres. The Board stated that all arrangements are being made to ensure the examinations are conducted smoothly, transparently and systematically, as in previous years. Authorities also warned that strict action would be taken against anyone spreading rumours before or during the examination, and any malpractice related to the exams would invite legal action. Meanwhile, the Education Department has decided to discontinue the SSLC third examination this year. **— BMB**

Fake docs under scanner

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16 bogus medics busted in B'luru over 2 years even as enforcement squads intensify raids, prosecutions and clinic shutdowns in state; Kalaburagi tops list

Bengaluru has recorded 16 fake doctors operating illegally over the last two years, triggering penalties, closures and criminal action. Of these, six cases were closed after penalties were paid, while five violators have yet to pay fines. Authorities have also initiated two legal cases before the KPME Appellate Authority or JMFC courts and registered three police FIRs, underlining the growing enforcement push against unqualified medical practice in the city.

State Spread

Across Karnataka, enforcement agencies have identified 556 fake doctors over the last two years. Action has been completed in 337 cases, while 128 violators are still pending action due to non-payment of penalties. The crackdown has led to 65 closures after penalties were paid, along with eight legal cases and 18 FIRs registered statewide.

Kalaburagi tops the list with 127 fake doctors, followed closely by Raichur with 124. Dharwad reported 75 cases, while Kolar recorded 31, including 11 instances involving legal or police action. Chamarajanagar, Ballari and Haveri together accounted for over 60 cases, reflecting the wide geographical spread of the problem.

Within the Bengaluru region, Bengaluru Urban reported 16 cases, while Bengaluru Rural recorded four, with three cases pending due to non-payment of penalties.

Chikkaballapura, Tumakuru and Ramanagara together added over 20 cases, pointing to a steady presence of fake practitioners in and around the city. Districts such as Gadag, Hassan, Kodagu, Shivamogga and Mandya reported zero fake doctor cases during the period, according to official data.

Strict Action

The state government has taken note of clinics and medical stores operating illegally across Karnataka and has initiated strict action against those running them using fake medical certificates, Health and Family Welfare Minister Dinesh Gundu Rao recently told the Legislature.

Replying to a question in the Legislative Council, the minister said clear instructions had been issued to crack down on unqualified persons opening clinics and practising medicine without authorisation. He said the government was treating the issue seriously as it posed a direct risk to public health.

The minister said that district-level special task forces had earlier been constituted under the supervision of deputy commissioners through a government notification dated August 29, 2017, to identify and act against fake doctors within their jurisdictions.

These teams are empowered to trace illegal practitioners and initiate legal action.

Under the Karnataka Private Medical Establishments Act, 2007, those found violating provisions by practising medicine without valid qualifications face imprisonment of up to three years and a fine of up to Rs 1 lakh.

In cases where private medical establishments are found operating without registration, authorities are empowered to shut them down immediately, he said, reiterating the government's commitment to eliminating fake medical practice in the state.

Wall collapse kills five-year-old

A five-year-old girl died and her sister was injured after a compound wall and gate collapsed while they were playing in Dwarakanagar, Chikkabanavara, on Friday evening. The deceased was identified as Gousia (5), the elder daughter of Imam and Ramiza. According to police, the incident took place around 7.30 pm while the children were playing near the gate. Police officials said the two girls had climbed onto the gate and were standing on it when the 2.5 to 3-foot pillar connecting the gate to the compound wall suddenly gave way, causing the structure to collapse on them.

Both children suffered severe head injuries and were rushed to a nearby hospital. However, Gousia later succumbed to her injuries after bricks from the compound wall, along with the gate, fell on her. Her younger sister, Shakila, sustained injuries to her legs and is currently undergoing treatment at a private hospital. Police said her condition is stable. According to police, the family lived in a one-bedroom rented house owned by Ravi Shankar. Imam works as a fruit vendor at the Chikkabanavara bus stand, while his wife is a homemaker.

Chikkabanavara Police Station registered a UDR, and officials said a negligence case may follow if the family files a complaint. **BMB**

Hotel blaze leaves worker dead

A 40-year-old hotel employee was charred to death, while four of his colleagues sustained severe burn injuries after a massive fire broke out at a hotel in Malagala near Nagarabhavi late on Friday night. The deceased was identified as Raj Kumar, a native of Madhya Pradesh, who had reportedly joined work at the hotel just 15 days earlier.

The injured workers, Bhima, Shivanand, Satish and another employee, are undergoing treatment at a private hospital and are said to be in critical condition. The fire also caused property damage worth lakhs of rupees.

Police suspect a short circuit triggered the hotel fire, which quickly spread to the upstairs staff quarters where five workers were asleep and trapped. Fire personnel rescued them and shifted them to hospital, but Raj Kumar later died of burn injuries. A case has been registered.

In a separate incident, a fire broke out in a commercial building on Coles Road near Frazer Town around 5.30 pm. Two people trapped on the terrace were rescued safely after a fire broke out in a pantry and storeroom near a petrol bunk. Four fire tenders controlled the blaze within an hour. **BMB**

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Countdown begins for B'luru's second international airport

Three proposed locations undergo technical and economic evaluation as govt moves closer to finalising Bengaluru's long-awaited second airport project

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The State government has initiated the process to finalise the location for Bengaluru's second international airport, with a detailed technical and economic feasibility study now underway for three shortlisted sites. The study is being carried out by a Singapore-based consultancy that has been awarded a ₹4.95 crore contract to prepare the report. The proposed locations include Choodahalli and Somanahalli on Kanakapura Road, and a third site near Nelamangala. Preliminary consultations with the Infrastructure Development Department have already begun, and the final report is expected within the next three months.

Based on the findings, the government will proceed with land acquisition and other formalities for the ambitious infrastructure project. The report is expected to clarify which of the three sites is most suitable for developing Bengaluru's second international airport, ending years of speculation. According to officials, the study will assess multiple parameters including technical feasibility, passenger convenience, connectivity, cargo demand, infrastructure support and overall economic viability. At present, the southern part of Bengaluru, particularly the Kanakapura Road region, is considered a strong contender.

Officials noted that passenger movement and cargo demand are steadily increasing in South Bengaluru. Since Kempegowda International Airport is already located in North Bengaluru at Devanahalli, planners believe another airport in the southern region would ensure balanced urban development and reduce pressure on existing aviation infrastructure. The possible ownership restructuring of the NICE corridor project and the proposed ₹18,000 crore high-tech township near Bidadi are also strengthening the case for the southern corridor.

However, all three sites come with geographical and environmental challenges. The identified land parcels range between 4,300 and 4,700 acres. Officials said the terrain is uneven, and large-scale levelling may be required, with height variations ranging from 60 to 90 metres in certain stretches, which could significantly increase costs.

Environmental concerns are also under review. Choodahalli and Somanahalli are located close to Bannerghatta National Park, raising questions about the impact of aircraft noise and aviation activity on wildlife and the surrounding ecosystem. Authorities will also conduct Obstacle Limitation Surface surveys to assess high-rise structures, residential layouts and hill formations that could affect aircraft operations.

The Airports Authority of India, which earlier inspected the proposed sites based on the state government's proposal, reportedly found all three technically suitable for airport development while identifying operational and environmental challenges linked to each. The consultancy firm has now been tasked with evaluating these factors comprehensively before recommending the most suitable site. Officials said the proposed airport is being planned to meet Bengaluru's future aviation requirements and ease growing pressure on Kempegowda International Airport.

Challenges in identifying second airport

- Assessing terrain, rainfall, climate and physical site conditions.
- Studying availability of power, water supply, sewerage, waste management and road connectivity.
- Carrying out topographic, geotechnical and soil surveys.
- Examining hydrology, drainage systems, canal diversions and connectivity to nearby water bodies.
- Preparing passenger and cargo traffic projections every five years over a 30-year period.
- Comparing project costs for all three proposed locations.
- Factoring in proximity of Choodahalli and Somanahalli to Bannerghatta National Park.
- Considering hilly terrain challenges near Nelamangala.
- Assessing potential airspace and flight operation issues at Nelamangala due to its location within 20 nautical miles of Kempegowda International Airport, Yelahanka Air Force Station and HAL.

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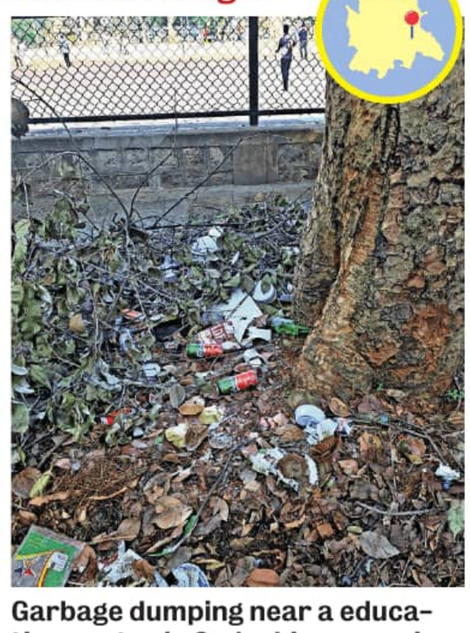
Footpath blocked

Jayanagar

Footpath encroachment near a hotel at the junction of 36th Cross and 18th Main, 4th T Block, Jayanagar, is forcing pedestrians onto the road and creating safety concerns.

Waste dumping

Sadashivanagar



Garbage dumping near a education centre in Sadashivanagar is causing inconvenience to residents and commuters, creating hygiene and civic concerns.

Road obstruction

Richmond Town

Unattended pipes on Alfred Street in Richmond Town are obstructing vehicular movement and disrupting smooth traffic flow.

'Blue Force' cracks illegal links, earns ₹55 crore

Crackdown on unauthorised connections helped BWSSB save 1,000 million litres of drinking water and significantly strengthen monthly revenue collection

The Bangalore Water Supply and Sewerage Board (BWSSB) has reported a major boost in revenue and water conservation through its special enforcement wing, the "Blue Force", launched to crack down on illegal water and sewerage connections across Bengaluru. In the last five months, the drive generated nearly ₹55 crore in revenue and helped save around 1,000 million litres of drinking water valued at approximately ₹5 crore. As part of the operation, BWSSB teams inspected 54,625 buildings across the city and disconnected 11,217 illegal connections. These included 9,751 unauthorised drinking water connections and 1,466 illegal sewerage connections.

The Board also collected nearly ₹50 crore in pro-rata charges during the enforcement drive, significantly strengthening revenue collection.

According to officials, the East Zone recorded the highest number of violations, with 3,151 illegal connections disconnected, while the South Zone recorded the highest number of inspections, covering 13,908 buildings. BWSSB officials said Blue Force teams are taking strict action without leniency against those involved in unauthorised water and sewerage connections. Officials added that the water quantity brought under the official billing system through the crackdown is expected to generate nearly ₹5 crore in additional monthly revenue for the Board.

Over 11,000 unauthorised connections disconnected across Bengaluru city

According to officials, East Zone recorded the highest violations, with 3,151 illegal connections disconnected, while South Zone led inspections, covering 13,908 buildings during BWSSB's ongoing enforcement drive across B'luru

The "Blue Force" initiative was inaugurated by Deputy Chief Minister DK Shivakumar in November 2025. At present, 18 dedicated Blue Force teams have been deployed for field operations, with each team comprising four members, including an ex-serviceman and a supervisor, to ensure effective enforcement across Bengaluru.

FAMILY COURT, NAGPUR
IN THE COURT OF
Smt. A.P.Giradkar
JUDGE, FAMILY COURT
NO. 5, NAGPUR, NAGPUR (Urban), NAGPUR.

SUMMONS TO APPEAR IN PERSON
(O. 5, R. 3)

PR.No.: 1409/2026
PETITION A/273/2025
Kiran Suryatej Singh Rajaram
Vs
Suryatej Singh Ram Singh Rajaram.
Next Date: 15.06.2026

To,
Suryatej Singh Ram Singh Rajaram R/o Clo SSB Sunriase Apartment, House No. 101, Athithi Layout, S.T.Halli, Thambu Chetty Palya, Krishnarajpura, Bengaluru, Karnataka - 560036

Whereas **Kiran Suryatej Singh Rajaram** has instituted a suit against you for you are hereby summoned to appear in this Court in person on the **15.06.2026 at 11:00 O' Clock in the forenoon,** to answer the claim; and you are directed to produce on that day all the documents upon which you intend to rely in support of your defence.

Take notice that, in default of your appearance of the day before mentioned, the suit will be heard and determined in your absence.

Given under my hand and the seal of the Court, this 20.04.2026

Sd/- Dy Registrar
Judge, Family Court, No. 5, Nagpur.

Not just one day, make every day Mother's Day

Growing emotional distance within families leaves many ageing mothers isolated, proving that presence matters more than yearly displays of affection

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TWEETS @sridharVMIRROR

Every year, Mother's Day arrives with flowers, greeting cards, social media posts and expensive gifts. Restaurants fill up, online sales surge and timelines overflow with emotional messages praising mothers. But for many mothers, real gifts are not wrapped in shiny paper.

In many Indian homes, mothers spend their lives sacrificing for their children. They wake up before everyone else, eat last, worry endlessly and often set aside their dreams to ensure their children succeed. From school admissions to late-night fevers, from financial struggles to emotional support, mothers quietly become the backbone of families. Yet many are left lonely and neglected once their children grow up.

Some live alone while children settle abroad or in other cities. Others stay in the same house but feel isolated amid constant disputes and indifference. In some cases, mothers are dragged into property fights or treated as burdens in their own homes. As the saying goes, "A mother can take care of ten children, but sometimes ten children fail to take care of one mother."

Krishna Kumar, a psychologist, said, "The way we treat our parents is the way our children learn to treat us. This reminds us that family values are taught through actions, not lectures."

Experts say emotional neglect hurts elderly parents more than financial problems. Many mothers do not expect luxury or grand celebrations. They simply want children to speak kindly, spend time with them and avoid unnecessary conflicts. A peaceful conversation often matters more than expensive sarees or jewellery.

> **"Modern lifestyles widen emotional distance within families. Mobile phones ease communication, but make meaningful relationships harder**
> –Vandita Narayan, psychiatrist

Psychologists also point out that old age can be emotionally challenging for mothers who once managed busy households but suddenly became dependent on others. "Health problems, loneliness and feeling irrelevant can deeply affect mental well-being. In such situations, patience and affection from children become essential. Modern lifestyles and hectic schedules are widening

emotional distance within families. Mobile phones and social media have made communication easier, but meaningful relationships harder. A video call on Mother's Day cannot replace regular care and emotional presence throughout the year," added Vandita Narayan, a psychiatrist.

Experts said the true celebration of motherhood lies in everyday actions. It means avoiding fights that cause stress and anxiety. Mother's Day should not become a yearly ritual of temporary affection. Gifts may bring smiles for a day, but dignity, love and care bring peace for lifetime. Akash K, a choreographer, said, "Greatest gift a mother can receive is assurance that she will never be forgotten."

ADVERTORIAL

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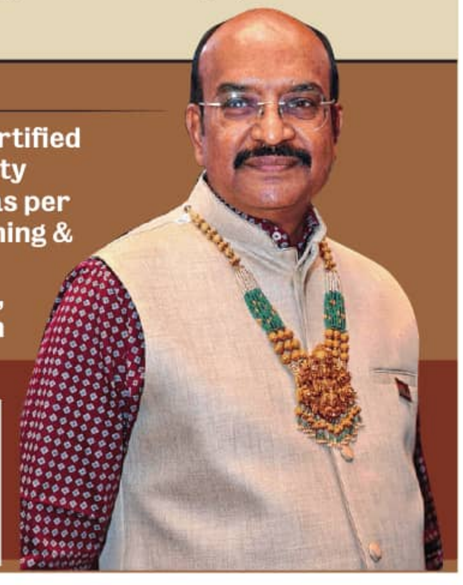

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ADVERTORIAL

Celebrating motherhood: A commitment beyond medicine

Motherhood is not merely a biological event. It is one of the most profound human experiences, shaped by hope, resilience, and a quiet courage that is deeply felt, even if rarely expressed. As a Senior Consultant in Obstetrics, Gynaecology and IVF, I have had the privilege of supporting women and couples through this journey, often during some of the most vulnerable phases of their lives. Over time, I have come to understand the desire to become a mother is among the most powerful forces one can witness.

When the Path to Motherhood Is Not Straightforward

Infertility is far more common than many realise, affecting one in six couples in India. Yet, it continues to be misunderstood and often leads to emotional isolation. It is not just a clinical condition; it carries layers of grief, uncertainty and social pressure that no medical report can fully reflect. My approach to care is grounded in the belief that treatment must address the medical and emotional aspects of infertility. Whether a patient presents with low ovarian reserve, polycystic ovary syndrome, endometriosis, uterine fibroids, male factor infertility, or a history of IVF failures, every case is approached with an individualised, evidence-based plan and full attention.

Advanced Fertility Care and IVF: Where Precision Meets Compassion

Advances in reproductive medicine have significantly expanded what is possible today. With access to advanced embryology laboratories and assisted reproductive technologies, pathways to parenthood that once seemed out of reach are now achievable.

Treatment begins with a comprehensive evaluation of both partners, including hormonal profiling, ultrasound assessment, fallopian tube evaluation and semen analysis. Based on this, a customised treatment plan is developed. This may include ovulation induction, intrauterine insemination (IUI), in vitro fertilisation (IVF), intracytoplasmic sperm injection (ICSI) for male factor infertility, blastocyst culture, or embryo cryopreservation. However, technology alone does not determine outcomes. The foundation of successful care lies in the trust a patient places in her doctor, and upholding that trust remains central to my practice.

A Gift This Mother's Day: Free Infertility Consultations

This Mother's Day, on 10th May, free infertility consultations will be offered from 3:00 PM to 7:00 PM at Manasi Clinic, BTM Layout, Bangalore. There are no consultation charges or obligations, only an opportunity to be heard, guided and supported. Going forward, complimentary infertility consultation sessions will be conducted on two Sundays every month, with dates announced on the clinic's Instagram page.

Book Your Free Consultation on WhatsApp: +91 94813 06930

This Mother's Day, we celebrate those who have embraced motherhood and also those who are on the journey, holding on to hope and moving forward with courage.

About Dr Suman Singh

Dr Suman Singh is a senior obstetrician and gynaecologist trained at Mysore Medical College and Bangalore Medical College, with 25 years' experience as a specialist across leading hospitals like Apollo, Fortis and Cloudnine. She is currently Senior Consultant at Rainbow Birthright, Bangalore and Associate Consultant at Indira IVF Bangalore. She holds a Fellowship in Reproductive Medicine with distinction and specialises in infertility, IVF and high-risk pregnancies. She is also involved in advancing women's health initiatives and has training in aesthetic and cosmetic gynaecology.

Dr Suman Singh
(MBBS, MD (OBG), FAM, MCCG, FRM)

Groundwater recharge: Just 3% is B'luru's share in state

CGWB report reveals poor groundwater replenishment despite lake restoration, recharge wells and growing concerns over long-term water security

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Sparse groundwater replenishment in Bengaluru Rural and Urban raises concerns over sustainability as dependence on borewells continues increasing steadily

Massive dependence on borewells, uneven recharge patterns and rising industrial extraction are increasing Karnataka's water stress, while experts urge large-scale conservation measures and faster ecological restoration to secure future supplies

Bengaluru, both rural and urban districts combined, is responsible for less than 3 percent of the total groundwater recharge in Karnataka. Last year, the groundwater table in Karnataka was replenished by nearly 19.3 lakh hectare-metre. Out of this, Bengaluru Urban's contribution was a little over 34 thousand hectare-metre, while Bengaluru Rural contributed 18.6 thousand hectare-metre, the lowest recharge among all 31 districts, according to a report by the Central Ground Water Board (CGWB).

CGWB data showed that among the four rural taluks, the maximum recharge took place in Doddaballapura, while Devanahalli contributed the least. Among the taluks in Bengaluru Urban, Anekal was responsible for the highest recharge at 11,461 hectare-metre, whereas Bengaluru East contributed the lowest at 1,572 hectare-metre. The highest recharge in the state, at 1,18,825.7 hectare-metre, was recorded in Belagavi district.

Groundwater experts said several factors, including rainfall frequency and intensity, soil type, geology and vegetation cover, influence groundwater recharge in an area. However, the lower recharge in Bengaluru Rural compared to Bengaluru Urban remains puzzling despite similar conditions governing recharge.

"It is difficult to pinpoint reasons behind lower recharge in Bengaluru Rural compared to the urban district. A plausible explanation can be efforts taken in urban areas of Bengaluru to combat declining groundwater levels, such as recharge wells and rejuvenation of many lakes by GBA. However, a lot still needs to be done," said Shubha Ramachandran.

A rough estimation analysis conducted by Biome Environmental Trust a few years ago showed that Bengaluru would require at least one million wells to mitigate the city's water crisis. The Greater Bengaluru Authority, formerly Bruhat Bengaluru Mahanagara Palike, in association with United Way Bengaluru, dug more than 4,000 wells across 510 parks in the city by the end of 2025.

The CGWB report also assessed district-wise groundwater extraction for various uses. It found that groundwater extraction for irrigation and domestic purposes was highest in Belagavi district, while industrial consumption was highest in Bengaluru Urban. Kodagu district recorded the lowest groundwater extraction for irrigation and domestic uses.

Congress intensifies fight against SIR

Following the allegations that the Mamata Banerjee-led Trinamool Congress lost the elections due to the Special Intensive Revision (SIR), the Siddaramaiah-led Congress government has intensified its opposition to the SIR of electoral rolls. During a meeting, ministers and representatives of various organisations expressed concern over the alleged large-scale deletion of voter names in non-BJP ruled states during similar exercises. Representatives urged the government to strongly oppose the SIR process, alleging that similar exercises in 10 states and three Union Territories led to the removal of nearly seven crore voters from electoral rolls. They cited the West Bengal revision, where around 90 lakh names were reportedly deleted, triggering political controversy and legal challenges. While Trinamool Congress chief Mamata Banerjee alleged the revision contributed to her party's defeat, the Supreme Court upheld the process. **–BMB**

Fake BDA employee grabbed welfare plots

The Seshadripuram Police Station has registered a case against a 44-year-old man and others in connection with a multi-crore site allotment scam, where residential plots meant for Bangalore Development Authority employees were allegedly obtained fraudulently. Vigilance officials found that several individuals had secured sites by falsely claiming to belong to the authority's Group C and D employee categories.

The accused has been identified as H Nagaraj. According to officials, the alleged fraud pertains to plots allotted in the Dodda Kallasandra and Lingadheeranahalli blocks developed by the BDA Employees Welfare Association. The allotments were meant exclusively for Group C and D employees of the authority. However, inquiries revealed that several unauthorised persons allegedly obtained sites by submitting false information and fabricated documents. The investigation began following directions from the Office of the Commissioner of Police, BDA, which asked the Special Task Force and Vigilance Force to examine the allotments and identify irregularities. Further investigation is underway. **–BMB**

Contribution of PM2.5 sources led to year-on-year spike

CONTINUED FROM PAGE 1

the city had a little over 8.5 days with AQI levels exceeding the 100 mark. In March 2023, only 4.5 days with 'moderate' air quality (AQI between 100 and 200) were recorded. However, the number of days with moderate AQI in March this year is an improvement over March 2024.

Experts say, unlike northern Indian cities, where winter inversion and industrial stack emissions dominate the air quality levels, Bengaluru's air quality deterioration is linked to other factors such as rapid urban expansion and weak control over non-point emission sources.

"Unmanaged solid waste and its burning, construction and road dust, large-scale infrastructure works, resuspension of dust from poorly maintained roads, diesel vehicle emissions, and the loss of urban green cover that historically acted as a natural buffer are major reasons leading to moderate air quality in Bengaluru. The city's prolonged dry spells and rising temperatures further worsen the problem by increasing dust suspension and reducing atmospheric dispersion efficiency," says Dr Pratima Singh, director, Air pollution and waste management, iFOREST.

While vehicular emissions remain a major contributor, experts opine that dust from construction corridors, peripheral road widening, metro expansion, and exposed soil surfaces are the most significant drivers of AQI crossing into the harmful category.

Researchers from the Centre for Study of Science, Technology, and Policy (CSTEP) added that the contribution of PM2.5 sources has possibly led to such an increase in the year-to-year trend. Therefore, for all future air quality measures, it is highly important to address PM2.5 to curb the overall PM10 under NCAP.

"There is a correlation between spikes in PM10 and PM2.5, and this explains that the PM2.5 fraction remained a major contributor to the overall PM10 levels during March 2026. The trends also reveal that most of these spiked values stayed high only for a shorter duration, possibly because of the presence of a hyperlocal emission source, such as traffic congestion or any other combustion-related activity," noted Kumar Sarang, Senior Associate working in the Air Quality team at CSTEP.

Focused implementation lacking?

Notably, this deterioration comes despite Bengaluru reportedly utilising 427.43 crore under the National Clean Air Programme (NCAP) out of the total Rs 535.1 crore released by the central ministry under the 15th Finance Commission grants to tackle air pollution. As per the data from the central environment ministry, Bengaluru used Rs 82.75 crore of the NCAP fund in 2025-26, Rs 176.81 crore was utilised in 2024-25, Rs 29.27 crore was put to use in 2023-24, followed by Rs 132.6 crore in 2022-23, and Rs 5.99 crore in 2020-21.

However, experts say spending the funds alone does not automatically translate into air quality improvement unless it is tied to implementation-focused interventions and measurable outcomes.

"In Bengaluru, a large share of NCAP expenditure has gone towards equipment procurement, monitoring infrastructure, and short-term mitigation measures, while systemic interventions, such as strict dust compliance enforcement, integrated mobility planning, waste burning management, low-emission freight management, and ward-level accountability systems, remain underdeveloped," added Dr Singh.

What next?

To improve air quality, the city must move from reactive measures to source-specific action, including control of construction dust, better transport demand management with stronger public transit and EV adoption, and tighter monitoring of pollution in industrial outskirts and peri-urban areas, say air quality experts. Ward-level plans targeting pollution hotspots, protection of green buffers, and integration of air-quality considerations into urban planning can also be considered.

"Controlling emissions at the source is a recommended measure to improve air quality over a region. While PM2.5 and PM10 levels may appear similar across cities, their sources could differ significantly; without identifying the local drivers of pollution, interventions remain generic and ineffective. Source apportionment studies, as mandated under NCAP, are therefore essential to guide targeted action," added Sarang.

SUNDAY READ

Pure Kodagu. Straight From The Source

The Insider's Kodagu was always the better story. No tour guide could have found it. Turns out all it needed was a comic strip and a camera

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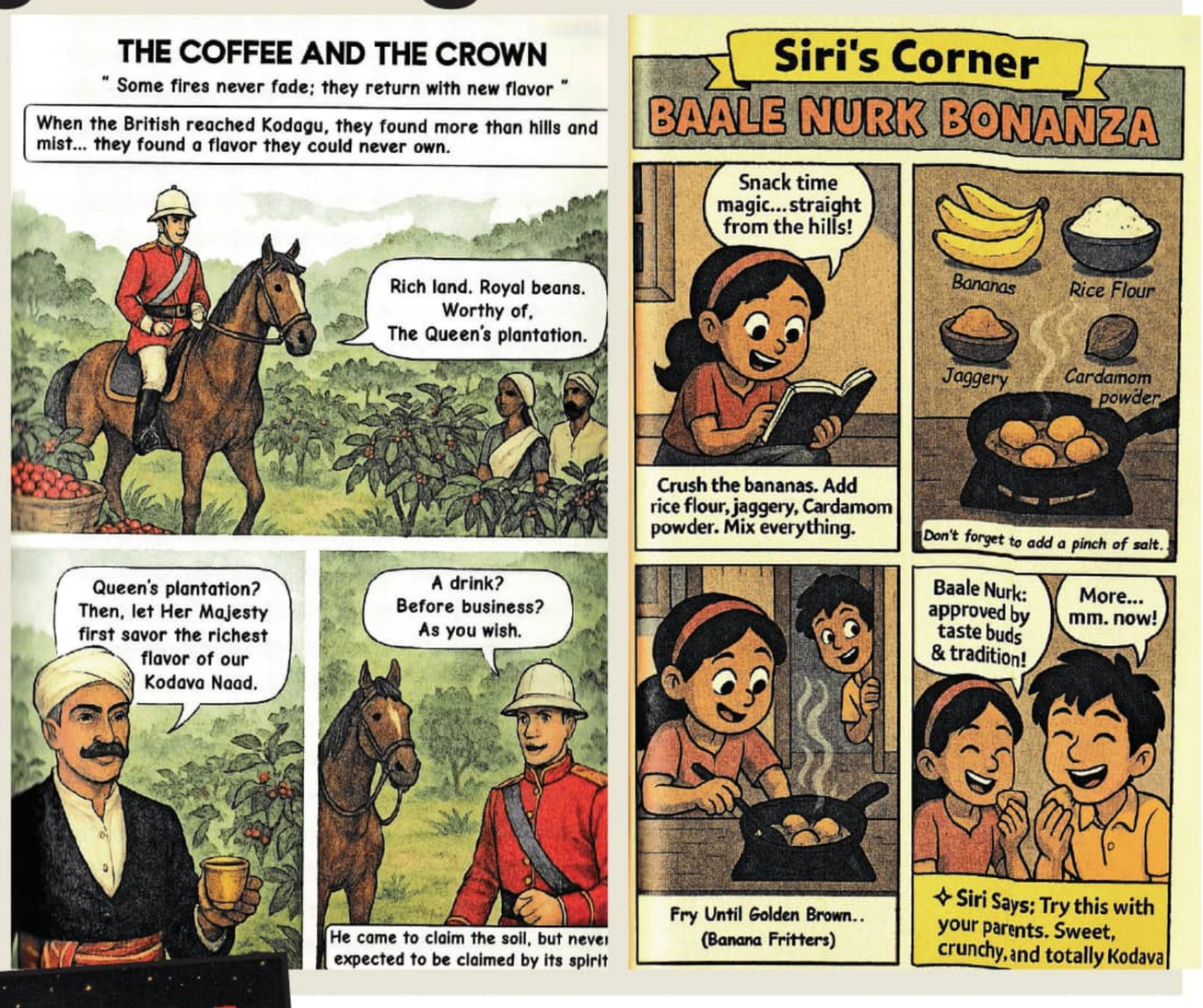
THE COFFEE AND THE CROWN
" Some fires never fade; they return with new flavor "
When the British reached Kodagu, they found more than hills and mist... they found a flavor they could never own.
Rich land. Royal beans. Worthy of, The Queen's plantation.
Queen's plantation? Then, let Her Majesty first savor the richest flavor of our Kodava Naad.
A drink? Before business? As you wish.
He came to claim the soil, but never expected to be claimed by its spirit
Siri's Corner
BAALE NURK BONANZA
Snack time magic... straight from the hills!
Crush the bananas. Add rice flour, jaggery, Cardamom powder. Mix everything.
Bananas
Rice Flour
Jaggery
Cardamom powder
Don't forget to add a pinch of salt.
Fry Until Golden Brown.. (Banana Fritters)
Baale Nurk: approved by taste buds & tradition!
More... mm. now!
✧ Siri Says; Try this with your parents. Sweet, crunchy, and totally Kodava

There is a particular kind of grief that comes not from losing something all at once, but from watching it thin slowly, almost imperceptibly like mist lifting off the Brahmagiri hills on a warm morning. The Kodava people of Kodagu know this feeling. Theirs is a culture of extraordinary distinctiveness: a martial heritage, a deep reverence for nature, rituals that carry the weight of generations, a language that doesn't quite exist anywhere else on earth. And yet, like so many living traditions, it finds itself at a crossroads, caught between the world that shaped it and a generation that inherited it largely through memory and instinct, often from hundreds of miles away.

What's remarkable is what some within the community are choosing to do about it. Not with lament. With cameras, comic strips, and a stubborn refusal to let the thread go quiet.

Chandooka: Drawing from Memory

Most cultural documentation announces itself. Dense essays, earnest documentaries, well-meaning archives that are respected far more than they are read. Chandooka does none of that. It arrives softly, in panels, the way a good short story does, sidling up before you realise it has made you feel something.

Somanna MT, is the mind behind it. And what Chandooka covers is, in the most honest sense, everything that makes a Kodava, a Kodava. Heritage and ritual. Words in the dialect that carry weight no translation can hold. Recipes that contain an entire landscape. Traditions that younger Kodavas may only half-remember but instantly recognise the moment they see them drawn. It is not a glossary of the culture. It is a love letter to it.

Working alongside Som is Dechamma SK, whose emotional instincts shape the work in ways that are hard to quantify but impossible to miss. Together they speak with elders, revisit old photographs, and pay close attention to the small things: the way someone stands in a certain attire, the particular cadence of the dialect, the atmosphere of a setting that signals home without spelling it out.

Meederira Toysi Dechamma; Somanna MT

The strips that travel farthest are never the grandest. They are the quiet ones. The ones that make people write back saying, this feels like home, or this is exactly how we grew up. That bridge between elders who find their past in it and younger readers who find themselves in it is not incidental to Chandooka's purpose. It is the purpose.

The larger ambition is considerable: Ancestral Choice Studios, a Kodava-owned publishing house built to lift young storytellers from within the community. Chandooka carries a Copyright registration from the Government of India. A quiet but pointed declaration that these stories belong to the people who lived them.

Ponn Thakk: Golden Words, Unhurried

Where Chandooka draws, Ponn Thakk listens. And then brings those conversations to you.

The YouTube channel, whose name translates to golden words, was built on a simple conviction: the Kodava community is full of people doing quietly extraordinary things, and they deserve to be heard beyond the circles they already move in. So Ponn Thakk goes looking. The entrepreneur turning locally sourced Kodagu produce into a living business. The elder who can read a ritual and tell you not just what it means, but why it was designed that way, what the land asked of its people and what the people gave back. The custodians of a heritage that was never formally written down because, for generations, it simply did not need to be. Everyone already knew.

Some episodes stop you mid-scroll. A video on Devakaadu, the sacred groves where Kodava belief and the forest floor meet, didn't just rack up views. It unlocked something. People wrote back with memories they hadn't thought about in years, half-forgotten details suddenly sharp again, something loosened in the chest that they hadn't realised was tight. The Pathak, worn by a married Kodavathi and carrying more identity than most symbols dare to, hit the way only truly honest documentation can: it made people feel seen rather than studied.

Behind the lens is a full-time corporate professional and mother of two Meederira Toysi Dechamma who spends her weekdays logging long hours and her weekends travelling across Kodagu, Mysore, and Bengaluru to sit with the community's knowledge-keepers. The vision, built in collaboration with the Tribal Culture Study Centre, Kodavamme, is a living compendium where every guest becomes a contributor to their own chapter, where documentation is not extraction but participation.

As Kodava culture finds itself at a crossroads, many are choosing to place things on record using cameras, comic strips and commitment

The Kodava community is, by any global measure, a small one. A few hundred thousand people scattered across a highland district and then further still, across cities and continents, by ambition and the ordinary pull of modern life. There is no institutional machinery here. No grant, no mandate, no preservation brief. Just people deeply attached to something, deciding that attachment is reason enough to act.

And that, precisely, is why it works. The mist will lift. But these stories, at least, are being written down.

"The Kodava community is a small one with a few hundred thousand people scattered across a highland district and across cities and continents, by ambition and the pull of modern life — but without any institutional machinery, community members continue to document their identity in most creative ways

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BENGALURU SPEAKS

and gets heard on this page

STORY BEHIND THE PHOTO

COUCAL HARMONY CALLS

Our reader shares a captivating image of a Great Coucal perched gracefully on a coconut tree in the front yard. Unlike other koel family birds, the Great Coucal nurtures its young from hatching and helps maintain ecological balance by feeding on poisonous creatures and toxic seeds harmful to humans. During mating season, Great Coucal pairs enchant nature lovers with their distinctive duet calls.

The picture was clicked by reader **T Prakash**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesofindia.com**

BDA seeks forest solution as Banashankari plot owners remain stranded

Hundreds of residents are unable to build homes after Turahalli forest buffer zone restrictions stalled construction approvals for years

More than 300 plot owners in Banashankari 6th Stage are facing severe difficulties constructing houses after the Forest Department raised objections citing buffer zone regulations around the nearby Turahalli Forest. In an effort to resolve the long-pending issue, the Bangalore Development Authority (BDA) has now approached the Forest Department seeking a permanent solution. The issue relates to plots allotted by the BDA in Banashankari 6th Stage layouts developed across Blocks 1 to 11 several years ago. Although the authority formed and distributed residential sites decades ago, the Forest Department later stated that several plots located in different survey numbers fall within the buffer zone of the Turahalli forest area. As a result, authorities denied permissions for house construction on many of these sites, leaving hundreds of plot owners distressed for years.

According to officials, the BDA wrote to the Forest Department last week seeking intervention and discussions to clear the confusion surrounding the buffer zone restrictions. Many affected site owners have repeatedly raised the issue during BDA meetings, stating that they are suffering financially because they cannot utilise their legally allotted plots. Several owners reportedly purchased the sites through loans and are now struggling to repay instalments while remaining unable to build homes on the land they own. The Banashankari 6th Stage layout was originally developed over around 1,598 acres and 2 guntas spread across different survey numbers in Turahalli, Hemmigepura, Lingadheeranahalli, Sompura and BM Kaval villages in Kengeri Hobli of Bengaluru South Taluk. The BDA first issued a preliminary notification for land acquisition in 2000, followed by a final notification in 2001. Nearly 20,000 residential plots of different dimensions were later formed and allotted in the layout.

However, recent drone surveys conducted jointly by the BDA and Forest Department identified several sites as falling within the mandatory 100-metre buffer zone surrounding the forest area. Official records show that 329 residential sites and adjoining road portions covering nearly 19 acres and 18 guntas now fall under the buffer zone category.

A senior BDA official said the authority has written to the Conservator of Forests, Bengaluru Circle, requesting a joint meeting with senior Forest Department officials to discuss a long-term solution for affected site owners. Sources in the BDA stated that nearly 1,300 sites initially fell within the buffer zone limits during the first survey. However, after re-evaluation, officials cleared all but 329 sites, while the remaining plots continue to face complications because they lie directly adjacent to the forest boundary.

Families who invested life savings and loans into residential sites now face uncertainty, as unresolved boundary disputes leave legally allotted plots unusable despite repeated appeals and multiple re-evaluations by authorities

Hundreds of legally allotted residential sites continue facing uncertainty as authorities discuss resolving long-pending forest buffer zone restrictions.

DID YOU KNOW?

Indigenous communities in the Andes domesticated the potato nearly 6,000 to 10,000 years ago, making the starchy tuber a dietary staple rich in vitamins, minerals and fibre. New genomic research has revealed that descendants of these ancient populations, particularly Quechua-speaking people in Peru, developed genetic adaptations that helped them thrive on a potato-heavy diet. The study, published in Nature Communications, found that these populations possess an average of 10 copies of the AMY1 gene, which plays a key role in starch digestion. This is two to four more copies than most other populations worldwide. Researchers said the increase in AMY1 copies likely improved the ability to digest starch-rich foods such as potatoes. AMY1 controls the production of amylase, an enzyme in saliva that begins breaking down starch in the mouth. Scientists believe people with more copies of the gene may have processed potatoes more efficiently, giving them a survival advantage over generations. Researchers analysed genomic data from over 3,700 people across 85 populations worldwide, linking the genetic shift directly to the rise of potato domestication in the Andes.

— Reuters

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Hantavirus infection is not a confirmed side effect of Pfizer's COVID-19 vaccine

The Claim: Social media posts falsely claimed Pfizer's COVID-19 vaccine causes hantavirus pulmonary infection, citing a regulatory appendix listing the illness among reported medical events after vaccination during the study period.
Fact: The document listed all reported medical events during Pfizer's study period, regardless of vaccine causation. Pfizer and health authorities confirmed hantavirus pulmonary infection was not linked to the vaccine.

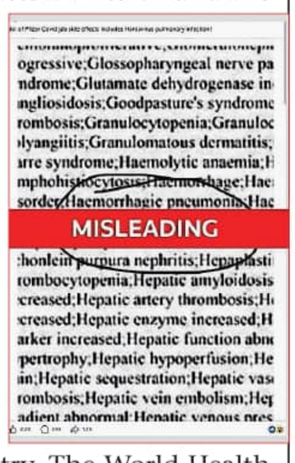
Hantavirus pulmonary infection is a disease caused by some hantaviruses, not the Pfizer-BioNTech COVID-19 vaccine, contrary to widely shared online posts that misrepresented a document listing medical events after inoculation. "List of Pfizer Covid jab side effects includes Hantavirus pulmonary infection!" said a widely shared May 7 post on Facebook, which shared a screenshot of submissions Pfizer filed to the US Food and Drug Administration in 2021 to obtain a biological licence for its vaccine.

The narrative was also shared on X, with one post suggesting the COVID vaccine contained a hantavirus.

The reference to hantavirus pulmonary infection in the Pfizer document appears on the fourth page of a nine-page appendix titled "List of Adverse Events of Special Interest". However, this is not confirmation that the vaccine causes hantavirus pulmonary infection, a Pfizer spokesperson said in an email. A disclaimer on page six of the document also clarifies the same point.

The appendix lists any medical event experienced by a person during the study period between December 2020, when the Pfizer-BioNTech COVID-19 vaccine first received emergency-use authorisation, and February 28, 2021, regardless of whether the event was linked to the vaccine, the spokesperson added. The list was compiled using voluntary reports submitted through national reporting systems, including the Vaccine Adverse Event Reporting System (VAERS) in the United States.

Britain granted full marketing authorisation to the Pfizer vaccine in late 2022 after reviewing its safety, efficacy and related data, including adverse events found to have a causal link with the shot. These adverse events are listed in Pfizer's product leaflet, where hantavirus does not appear. Some hantaviruses cause hantavirus pulmonary infection or syndrome, according to the U.S. National Institutes of Health and the World Health Organization. There are no hantaviruses in the ingredient list of Pfizer's COVID vaccine, now marketed as Comirnaty. According to Pfizer's website, the Comirnaty vaccine does not contain live viruses. As of May 7, a hantavirus outbreak on a Dutch-flagged cruise ship had killed three people.



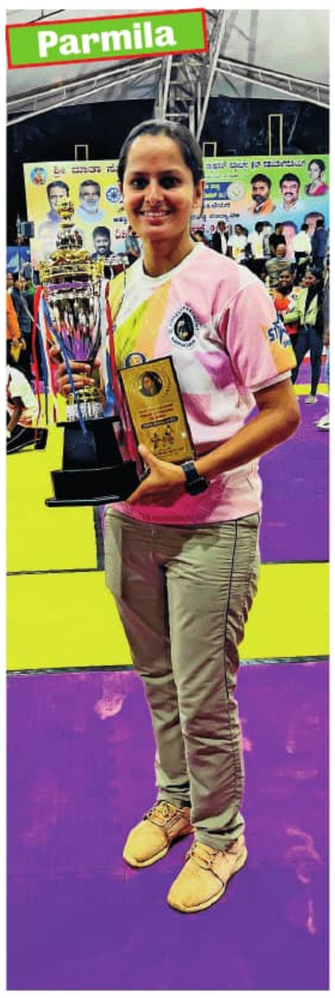
South Africa's health ministry said on May 6 that the Andes strain of hantavirus was identified in two victims evacuated from the ship to the country. The World Health Organisation said in an online fact sheet that the Andes strain is the only hantavirus known to have shown human-to-human transmission. The WHO added that such transmission remains uncommon and is usually associated with "close and prolonged contact". The US Food and Drug Administration did not respond to a request for comment. However, an FDA spokesperson said in an earlier Reuters fact-check that reports submitted to VAERS after vaccination "do not necessarily mean that a vaccine caused a health problem". The spokesperson added that anyone can file a report, regardless of plausibility or any verified medical evidence linking the event to vaccination.

— Reuters

There is no shying away from the fact that we have lost two games in a row. We have reflected on them, and there are areas where we were not at our best. But the only thing that matters now is being present for that first ball in the next game
—Jacob Bethell, Royal Challengers Bengaluru (RCB) batter

Bruises, sacrifice and fearless raids define Karnataka's women kabaddi stars chasing glory while battling injuries, financial strain and neglect

Queens of the kabaddi court



Most of the women's kabaddi team players train at the Alva's Education Foundation while pursuing education alongside sport

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From village grounds to international arenas, determined athletes shatter barriers, inspire young girls and demand recognition, opportunity, stronger backing and lasting respect

From being known as Chugudu, kabaddi has steadily grown in popularity, leaping into professional leagues and gaining a loyal following among players and spectators alike. Karnataka's women players are now making their mark nationally, bringing pride to the state through discipline, dedication and consistent performances.

Players such as Dhanalaxmi, Archana, Hamshita, Athmeeya and Parmila balance intense physical training with mental conditioning, as kabaddi demands agility, strategy and composure under pressure. Most of them train at the Alva's Education Foundation while pursuing education alongside sport.

Karnataka Kreeda Ratna awardee Athmeeya MB has represented Karnataka at the nationals more than 15 times and competed in the 72nd Senior National Kabaddi Championship, National Games and inter-university tournaments. She was also selected for the Senior Indian Women's Coaching Camp in 2024. Highlighting the challenges faced by athletes, she said better coaching, facilities and exposure were needed, especially for players from rural backgrounds.

At just 20, Hamshitha G M has already featured in sub-junior, junior and senior national tournaments, besides federation and Under-18 competitions. She also attended the Asian camp. Speaking about her preparation, she said training focuses on fitness, raiding, defensive drills and mental strength, while adding that women's kabaddi still lacks the recognition enjoyed by the men's game.

International player Dhanalakshmi won gold at the 2nd Women's Kabaddi World Cup in Dhaka in 2025 and also competed in the National Games, Khelo India and inter-university tournaments. Despite undergoing two knee surgeries, she fought her way back to achieve her dream of representing India. She stressed the need for improved support systems and equal job opportunities for athletes.

Archana Gowda, a national player from Ujire, has represented Karnataka multiple times and secured medals at Khelo India, the All India Police Games and inter-university tournaments. Currently serving in the Sashastra Seema Bal through sports quota, she recalled how Coach Aseed Padangadi helped shape her career. However, she pointed out the financial burden athletes face, often spending up to Rs 25,000 per month during tournament seasons without sponsorship support.

Parmila, now part of the Karnataka Forest Department through sports quota, overcame a severe ear injury in 2015 that required surgery and nearly ended her career. Despite the setback, she returned stronger and continues to aspire to attend the India National Camp.

With rising viewership, league opportunities and grassroots participation, women's kabaddi in India is steadily gaining momentum. These athletes continue to inspire young girls, redefining strength and paving the way for future generations in the sport.

Gill, Sudharsan's good show powers Gujarat to take down Rajasthan

Rajasthan Royals struggle to chase the 229 set up by Gujarat Titans, aided by fifties from captain Shubman Gill and Sai Sudharsan, along with a late flourish from Washington Sundar in their Indian Premier League match at the Sawai Mansingh Stadium in Jaipur on Saturday. Rajasthan lost wickets at periodic intervals with half of the team back in the pavilion even before 10 overs. Kagiso Rabada and Rashid Khan were pick of the bowlers for Gujarat.

Put in to bat by RR's stand-in captain Yashasvi Jaiswal--stepping in for the injured Riyan Parag--the Titans were propelled to a 200+ total by fifties from captain Gill (84 off 44 balls), Sudharsan (55 off 36 balls) and a late cameo of 37* off 20 balls from Sundar.

Gujarat Titans capped off their innings in style, with Sundar and Rahul Tewatia smashing 21 runs in the final over bowled by Tushar Deshpande, who was struck for three sixes.

The Gujarat Titans openers, Gill and Sudharsan, started with a clear intent to exploit the powerplay overs, helped by an 18-run over bowled by RR's Jofra Archer, who conceded nine extras in the opening over.

Both Gill and Sudharsan dealt in boundaries at regular intervals and guided GT's score after the Powerplay to 82/0.

While Sudharsan completed his fifty off 30 balls in the ninth over, captain Gill brought up the fourth fifty of this IPL season in the 11th over, also off 30 balls. However, RR's Yash Raj Punja broke the 118-run opening stand in the same over as he claimed Sudharsan's wicket. After 11 overs, GT's score was 119/1.

Gill upped the ante in the very next over as he slammed RR all-rounder Ravindra Jadeja for a six and a four in the 12th over. New batter Jos Buttler could not contribute much as he scored 13 runs off 10 balls before being dismissed by Jadeja in the 14th over. GT were 155/2 after 14 overs.

For RR, Ravindra Jadeja (1/34 in 4 overs) and Yash Raj Punja (1/37 in 4 overs) were the decent performers, while Archer (0/46 in 3 overs), Brijesh Sharma (2/47 in 4 overs) and Tushar Deshpande (0/52 in 4 overs) had expensive outings. –Agencies

1. Gujarat Titans' Sai Sudharsan, left, congratulates Shubman Gill after his fifty runs during the Indian Premier League match between Rajasthan Royals and Gujarat Titans in Jaipur, on Saturday; 2. Rajasthan Royals' Vaibhav Sooryavanshi gets medical assistance

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Royal Challengers Bengaluru
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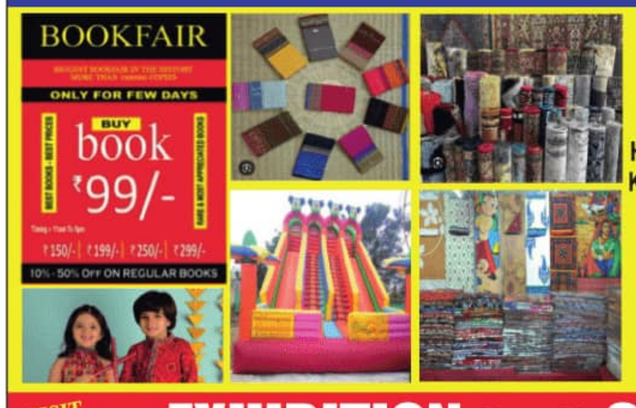

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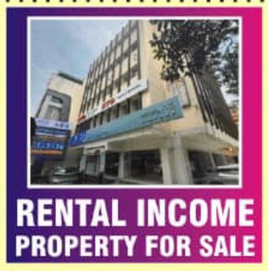

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personal

CHANGE OF NAME

Name Correction
I, MOHAMED ZAFRULLA, r/ at 434D, Aayaan, Swami Vivekananda Road, II Block, HBR Layout Ist Stage, Bengaluru 560 043 have found Spelling Errors in the Name as MOHAMMAD ZAFARULLAH / MOHAMMED ZAFARULLA in Educational Records is Now Rectified as MOHAMED ZAFRULLA for Records & Purposes vide Affidavit Dt: 27-04-2026 Sworn before Notary A C Subbu Swamy. B'luru

I, Suresh Jegadeesan, S/o Jegatheesan, residing at #113, 2nd Floor, DS Max Sanskruti Apartment, 207. Opp Food Max Super Market, K Narayanapura Main Road, VTC: Bangalore North, PO: Dr. Shivarama Karanth Nagar, Sub District: Bangalore North, District: Bengaluru, State: Karnataka, PIN Code: 560077, hereby declare that the names "Suresh Jegadeesan" and "Suresh Jegatheesan" refer to one and the same person, that is myself. I shall hereafter be known and use the name "Suresh Jegadeesan" vide Affidavit No IN-KA44608923881883Y dated 27.04.2026 for all future purposes.

I, Megha Viswanath, residing at S2, Buildafina Ace, #30/2, 20th Main, AECS Layout, Singasandra, Bangalore – 560068, have changed my name to Megha Velaswamy due to divorce and shall hereafter be known as Megha Velaswamy for all purposes. Affidavit notarized by R. Sulakshana.

I, Ashwin Subhash Goyal, R/o BB1103, Salarpuria Sattva Greenage, Bommanahalli, Bengaluru 560068, have changed my name to Ashwin Goyal.

I, Zakir Ali Khan and Jakir Abbas R/o No.11, Alipur, Aslipura,Gowribidanur Taluk, chikballapur District -561213. Have Changed My Name to Zakir Abbas for All Purposes.

I, Sonal DineshChandra Jain R/o No.77/2 3rd Floor Govindapa Road V V Puram Basavanagudi Bengaluru 560004 Have changed my name to Sonal Mehta for all purposes.

, Jaya Harsha Vardhan DS R/o #1790, 18th A Main Road, Jayanagar 4th T Block, Bangalore-560041 have changed my name to Jaya Harsha Vardhan Dindukurthi Siva Prasad

I, Razak Jikar Pochi R/o No 54 Pichi Palace 8th Main KN Extension Gokula 1st Stage 4th Phase Yeshwanthpura Bengaluru 560022 Have changed my name to Razak Zikar Pochi for all Purposes

I, Aromal Victor Joseph, S/o Victor Joseph, R/o No-38 1st Cross Road, Giddamma layout Mahadevapura B.Naraya - napura, Bengaluru-560016 have changed my name to Aromal Victor for all Purposes.

VENKATESWARA RAO PUTANI residing at HRC Ibanni, F304, Third Floor, F Block, Jakkur, Bangalore North, Bangalore-560064. Have changed my Name to VENKATESHWARARAO PUTANI.

I, Sridhar Andanappa R/o No 159/B Sri Sarada Nilaya Laggere Main Road Parvathi Nagar Laggere Bengaluru 560058, have changed my Minor Son's Name from Viraat Sridhar Andanappa to Viraat Sridhar for all purposes.

I, K. Parvathi R/o No. 225, Leela Heights, 5th main Road, UAS Badavane, Jakkur Bangalore 560064. Changed my name from Parvathi Sivaramakrishna to K. Parvathi to all further purposes.(K full form is Krishnamurthy).

I SATYAJEET A SINGHA ROY S/o ASIT SINGHA ROY, residing at Flat No. 106, C Block, Mukunda Nandanam Apartment, Bengaluru - 560037, hereby declare that the names SATYAJEET SINGHA ROY and SATYAJEET A SINGHA ROY refer to one and the same person, i.e., myself. Henceforth, I shall be known as SATYAJEET A SINGHA ROY for all purposes.

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UFO files shed light on sightings but leave interpretation to the public

Bright lights and hot orbs

Buzz Aldrin observing a "fairly bright light source" while aboard the Apollo 11. A mysterious object making "multiple 90-degree turns" at a speedy clip. A blaringly bright object doing corkscrew twists over the skies in Kazakhstan.

Those are some of the details in a new batch of files on UFOs that the Pentagon began releasing on Friday as President Donald Trump taps into the public's long-held curiosities about "unidentified anomalous phenomena" in the broader universe. Though the Pentagon has been working on declassifying the documents for years, Trump put attention back on the topic months ago by teasing a major UFO document dump.

"Whereas previous Administrations have failed to be transparent on this subject, with these new Documents and Videos, the people can decide for themselves, 'WHAT THE HELL IS GOING ON?' Have Fun and Enjoy!" Trump wrote Friday in a Truth Social post.

Trump's Republican administration says the public can draw its own conclusions with the information in the files, which includes old State Department cables, FBI documents and transcripts from NASA of crewed flights into space. A new Pentagon website housing the documents on UAPs has a decidedly retro feel, with black-and-white military imagery of flying objects displayed prominently on the page, with statements displayed in typewriter-like font.

U.S. Army Green Beret and former Las Vegas firefighter Randy Anderson (C) speaks during a presentation on UAP/UFO at the National Press Club on May 8

The files reflect cases that the government deems unresolved, meaning that for a variety of reasons they couldn't be explained with certainty. The Pentagon described the files as new and "never-before-seen," though some had been made public years ago.

Experts urge caution around the release of the new files, warning that UAP videos are often misinterpreted and mischaracterized by those unfamiliar with military technology. A 2024 Pentagon report rebutted claims that the U.S. government has recovered alien technology or confirmed evidence of alien life.

The initial release is a trove of videos, other imagery and testimony that is sure to stir more speculation among those who believe we are not alone in the universe.

For instance, a State Department cable from the US Embassy in Tajikistan in 1994 details how one Tajik pilot and three Americans saw a brightly lit UAP while flying a jet over Kazakhstan. The object, according to the cable, was "making 90 degree turns, doing corkscrews and maneuvering in circles at great rates of speed."

That's not the only instance of erratically moving objects cited in the document release. A military report from the Aegean Sea in 2023 cited a UAP flying just above the surface of the ocean and making "multiple 90-degree turns at an estimated 80 mph" (129 km/h).

One interview with a US intelligence official details an incident last year in which the official, doing a search on a helicopter, encountered a "super-hot" orb hovering over the ground, traveling about 20 miles (32 kilometers) at a speedy clip, then spotted four or five more orbs that flared up and down.

In a 1969 debriefing of Apollo 11 crew members, the astronaut Aldrin recalled spotting several unusual sights, such as a "sizeable" object close to the moon and a "fairly bright light source" that the crew felt could be a laser.

One document details an FBI interview with someone identified as a drone pilot who, in September 2023, reported seeing a "linear object" with a light bright enough to "see bands within the light" in the sky.

Another file is a NASA photograph from the Apollo 17 mission in 1972, showing three dots in a triangular formation. The Pentagon says in an accompanying caption that "there is no consensus about the nature of the anomaly" but that a new, preliminary analysis indicated that it could be a "physical object."

The documents include more than 20 video files showing unidentified objects captured by military sensors in locations from Syria and Japan to North America. The objects range from fast-moving specks captured in the distance to a football-shaped object spotted over the East China Sea in 2022. The most recent video is from Jan. 1 of this year and appears to show two circular lights flying against an inky black backdrop in North America.

Kirkpatrick said there's nothing unexpected in the release and warned that without analysis it will "only serve to fuel more speculation, conspiracy and arm-chair pseudoscience." **-AP**

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Meta discontinues end-to-end encryption for Instagram

US tech giant Meta has officially switched off end-to-end encrypted direct messages on Instagram, discontinuing the privacy-focused feature for users globally.

The tech company said users with existing encrypted chats are being notified inside the app and urged to download any important media or messages they wish to keep before the feature is fully discontinued.

The move marks a reversal from Meta's earlier plans to make encrypted messaging a standard feature across its apps.

End-to-end encryption, often abbreviated E2EE, ensures only the sender and receiver can read messages, and when the feature is removed, Meta will be able to access message content, including photos, videos and voice notes, if required.

Instagram will continue to use standard encryption, commonly used by services such as Gmail and other online platforms. Standard encryption protects chats during transmission between devices and servers, but allows the platform to access content when necessary.

Meta had previously described privacy-focused messaging as "the future of communication" and spent years reportedly expanding encryption across Facebook Messenger and Instagram.

Facebook Messenger eventually received default E2EE while Instagram's rollout remained limited.

Meta decided to discontinue the Instagram feature because only a small number of users were actively enabling encrypted chats, multiple reports said.

However, critics said that privacy tools often see low adoption when it is kept as optional, as users must manually turn them on.

Child protection groups such as the National Society for the Prevention of Cruelty to Children NSPCC welcomed the rollback of E2EE, saying encrypted messaging will make it difficult to detect harmful activity and child abuse online. **—IANS**

BITS & BYTES

US PUSHES AI COOPERATION WITH INDIA

The United States wants countries in South and Central Asia, including India, to have access to "world class technology" while avoiding dependence on adversarial nations, a senior State Department official said, underscoring Washington's push to expand AI cooperation with New Delhi. Addressing the US-India AI and Emerging Technology Forum, Deputy Assistant Secretary of State Bethany Morrison said the focus is on ensuring technology access translates into tangible benefits for societies.

"We want to make sure that countries in our region have access to world class technology and are able to get that integrated into their society to deliver the best value results for their people," she said.

Morrison stressed that rapid advances in artificial intelligence must be matched with clear guardrails. "But in order to fully realise the benefits of this incredible technology, we must be guided by the principles of openness, as well as focus on our security and our interoperability and avoid any dependencies on adversarial nations," she said.Morrison said the United States aims to "export that AI technology and practice to the world," aligning with a wider policy push to increase global access to US-developed AI tools. "AI is not the future the present, and it's made with American software, hardware and large language models," she said, highlighting US leadership in innovation. **-IANS**

HEALTH TIP: Foods like watermelon, cucumber, and leafy greens not only nourish the body but also support hydration

You need to get the light from the sun over your body, the soft heat of around 8 am or 5 pm

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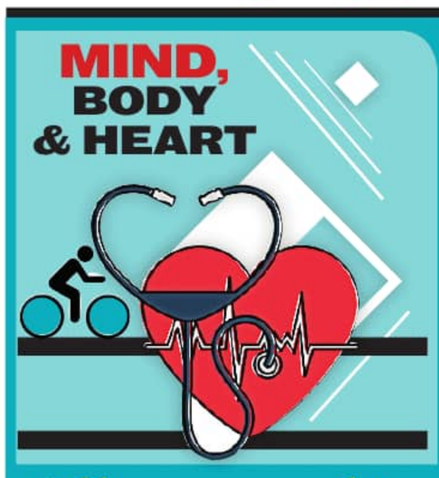


All you need to know about...

Motherhood pressures

The Pressure To "Do It All"
Modern motherhood comes with a unique burden, the expectation to be everything at once. A present parent, a successful professional, a mindful partner, a socially active person. Trying to meet all these roles simultaneously can feel like balancing set of glasses that are piled on top of one another and about to fall. When something inevitably slips, frustration follows.

Why Anger Shows Up At Home
Many mothers notice that their anger surfaces most strongly around their children or partner which makes them feel guilty. But here's the truth: home is where you feel safest to show who you are without being judged. You're not choosing to be harsher with your family, you're finally in a space where your guard drops.

Losing your temper, raising your voice, feeling frustrated, all these do not make you controlling or unkind. They make you a parent navigating a demanding role with limited support.

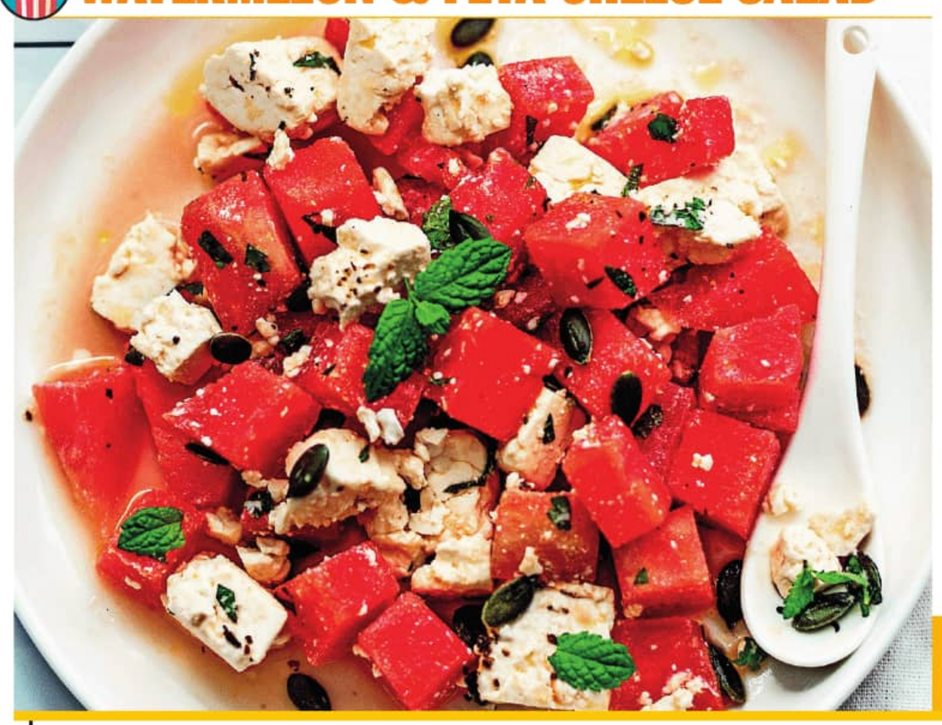
What Should Moms Do
Ask for support: You don't have to do everything alone. Speak up and involve your partner and family. Take help from older kids, why not?
Take micro-breaks: Five minutes of quiet me-time that stays 'me-time' can reset your nervous system.
Pause when possible: Even a few deep breaths can create space between feeling and reaction.
Name what you're feeling: Sometimes simply acknowledging "I'm overwhelmed" reduces intensity. So speak up!
Let go of perfection: Good-enough parenting is more than enough.
You can love your child and partner deeply and still feel angry. These emotions are not opposites; they coexist.

—Femina

COOL IT, PLATE UP

Three recipes to make the most of summer

WATERMELON & FETA CHEESE SALAD



INGREDIENTS
- 400 g watermelon, diced and deseeded
- 2 cucumbers, cut into large cubes
- 50 g arugula
- 10 mint leaves, chopped
- 1 red chili pepper, finely sliced
- 6 tbsp olive oil
- 100 g feta cheese, crumbled
- Salt and pepper, to taste

METHOD
- In a large bowl, combine watermelon, cucumber, arugula, mint, and chilli.
- Drizzle with olive oil and season with salt and pepper.
- Gently toss to mix all the ingredients.
- Top with crumbled feta cheese.
- Serve fresh and chilled.

Recipe: Chef Sajad, Executive Chef, Maize and Malt Whitefield, Femina

BEETROOT YOGHURT COLD SOUP

INGREDIENTS
- 3 medium (boiled, peeled & chopped) Beetroot
- 2 cups (chilled) Thick yoghurt (curd)
- 2 cloves Garlic
- 1 (optional) Green chilli
- 1 tsp Roasted cumin powder
- ½ tsp Black salt
- Regular salt – to taste
- 1 tbsp Lemon juice
- 2 tbsp (chopped) Fresh dill / coriander leaves
- ½ to 1 cup (for consistency) Chilled water / vegetable stock

METHOD
- Prepare the beetroot base by blending the boiled beetroot with garlic, green chilli, and a little water into a smooth purée.
- Mix the yoghurt: In a bowl, whisk the chilled yoghurt until smooth and lump-free.
- Combine the beetroot purée with the yoghurt and mix well.
- Add roasted cumin powder, black salt, regular salt, and lemon juice.
- Add chilled water or stock to achieve a smooth, soup-like consistency.
- Refrigerate for at least 1–2 hours for best flavour.
- Serve chilled in a soup bowl.
- Garnish with a swirl of yoghurt.

Recipe: Chef Malik Fareed Ud Din, Executive Sous Chef, Rosetta Sakleshpur, Femina

THAI MANGO COCONUT RICE

Coconut Rice

INGREDIENTS
- 100 g jasmine rice
- 500 ml water
- 125 ml coconut milk
- ½ tsp coconut essence
- 75 g sugar
- 20 g fresh grated coconut

METHOD
- Bring water to a boil in a saucepan and add the rice.
- Cook for 5 minutes, then add coconut milk, sugar, coconut essence, and grated coconut.
- Cook on a low flame for 25–30 minutes, stirring continuously to avoid sticking.
- Cook until it reaches a creamy, kheer-like consistency.
- Remove from heat and let it cool slightly.

Mango Topping & Garnish

INGREDIENTS
- 6 tbsp Mango purée
- 3 tsp Condensed milk
- Fresh mango cubes (optional, recommended)
- 20 g Grated fresh coconut
- 3 sprigs Mint leaves

METHOD
- Mix the mango purée with condensed milk until smooth.
- Chill lightly before use.
- Add warm or room-temperature coconut rice (approx. 120 g) to a serving bowl or glass.
- Spoon the mango topping generously over the rice.
- Add fresh mango cubes for texture (optional but recommended).
- Garnish with grated coconut and mint leaves.

Recipe: Chef Priyank Singh Chouhan, Director, Culinary & operations, JSM corporation, Femina

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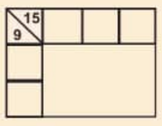
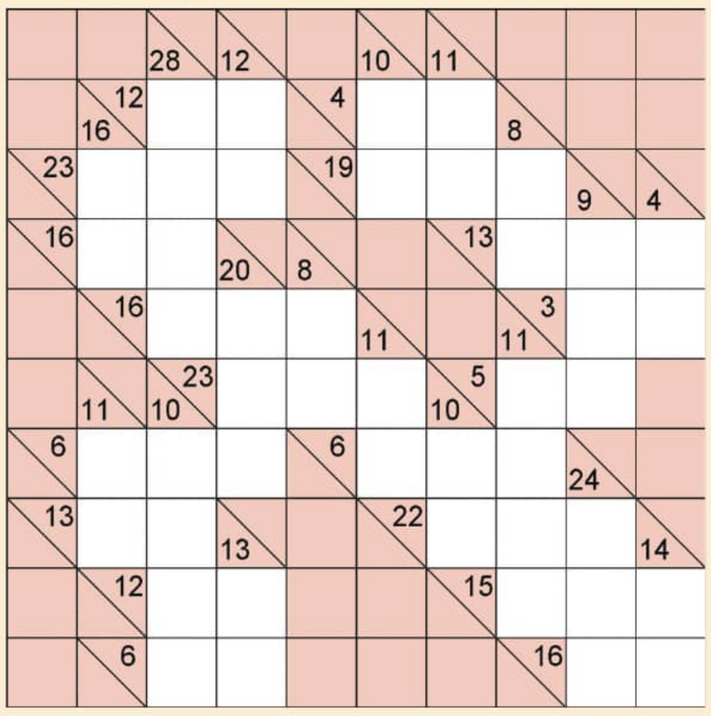
Kakuro

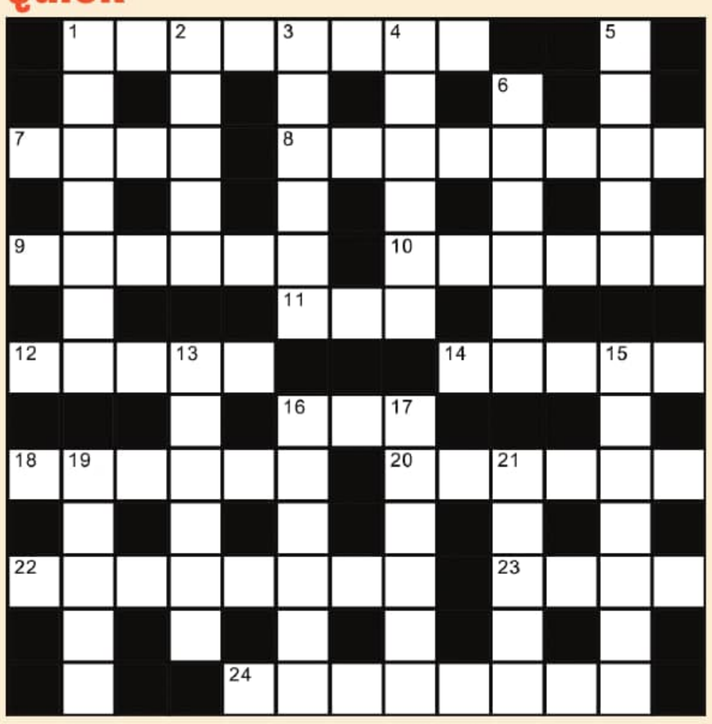
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Green visor to reduce light? (8)
7 202 in Roman numerals (4)
8 Limited or cramped? (8)
9 Change to ice (6)
10 Groups of three? (6)
11 Pass away (3)
12 Stalks (5)
14 Wish evil upon; swear (5)
16 Set of tools (3)
18 Karnataka lake home to a bird sanctuary (6)
20 Bring back to mind (6)
22 Move crabwise (8)
23 Inert gas (4)
24 Habitually inactive, lazy (8)

DOWN

1 Passage from a book (7)
2 Author Zola (5)
3 Chopped (6)
4 Give to charity (6)
5 Avarice (5)
6 Surroundings (6)
13 Complained (6)
15 Betrayal (7)
16 Young one of a cat (6)
17 Musically too much, or excessive (6)
19 Bring together (5)
21 Boat to paddle (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Q EQUALS N

QK ZNRENUPOZR OUN NINU BORENP YKU EMKRN BMK TDIN EMNXRNHINR EK EKPOZ.

Linemaro

Hey you can't spell calculus without 'us'

Mindchow

Remember the time you thought you never could survive? You did, and you can do it again

Joke of the day

An Englishman thinks seated; a Frenchman standing; an American pacing, an Irishman, afterwards

Loop

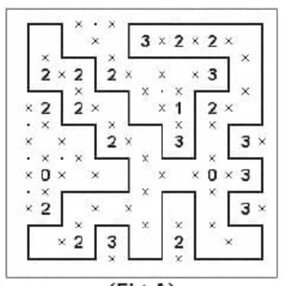
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

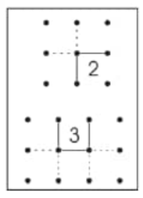
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

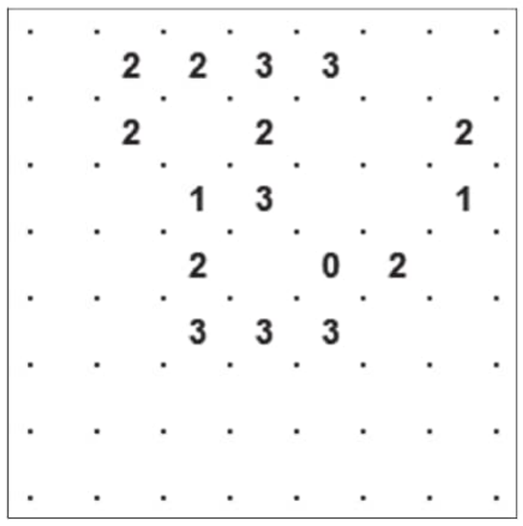
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



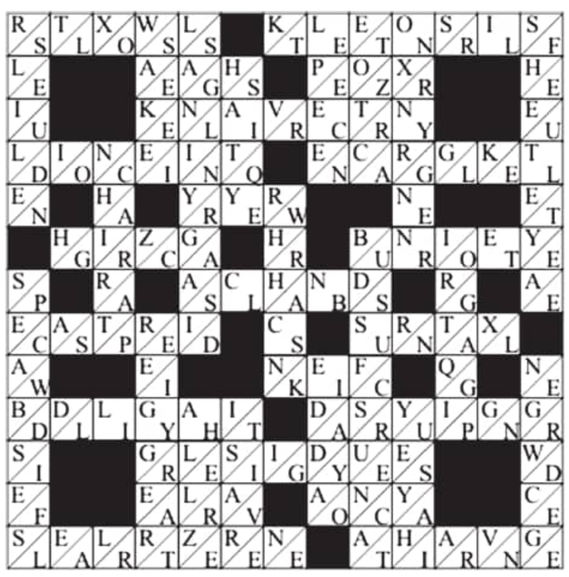
(Fig A)



(Fig B) Not Allowed



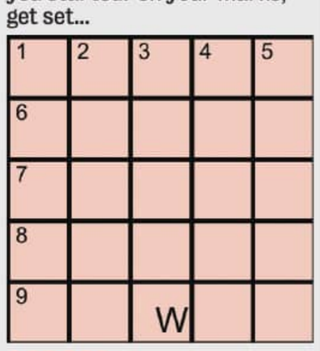
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Crabs; 6 A rale;
7 Y Sods; 8 Melia (1-4);
9 Want Y

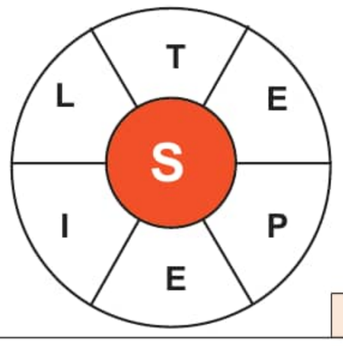
DOWN

1 Acted; 2 Ra Mao;
3 Wears; 4 Sabin;
5 Ly S Ly

Mensapuzzle

Which number goes in the blank segment?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

21 Average; **23** Good; **26** Outstanding

SudokuChallenge

	8		4	9	5		1	
	4	3		8		5	7	
		9	7	4	1	2		
1								5
		7	8	5	2	6		
	1	4		2		9	5	
	9		5	6	7		3	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 17

4 8 7 6

Medium = 19

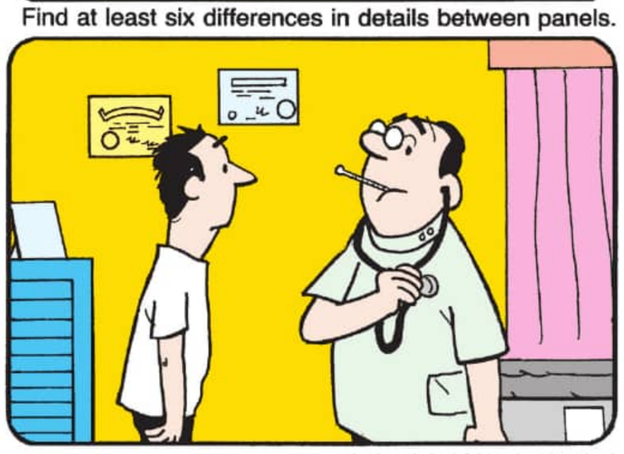
2 7 8 2

Hard = 4

2 3 3 8

Hocusfocus

Find at least six differences in details between panels.



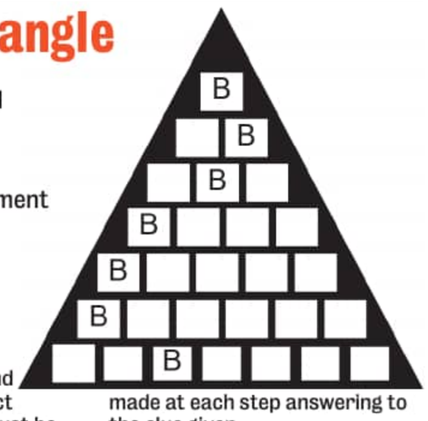
Differences: 1. Arm is longer. 2. Patient is thinner. 3. File cabinet is shorter. 4. Ear is smaller. 5. Sleeve is shorter. 6. Nose is different.

Riddler

Which three letter word completes the following longer words: — med, ba—-ka, ka—, —logy

Alpha triangle

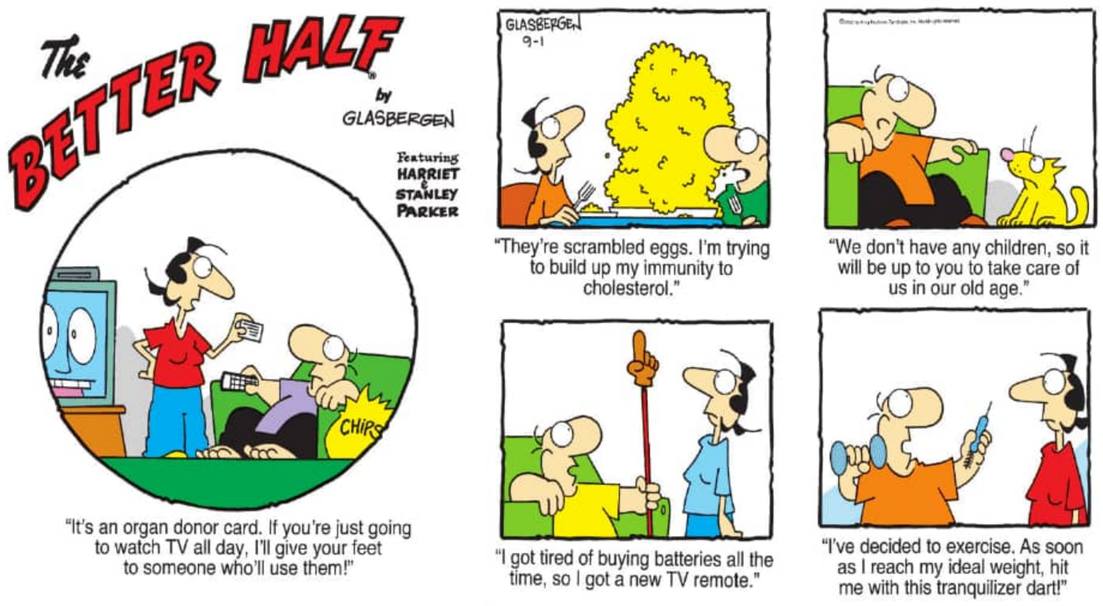
1 Second grade
2 Antimony symbol
3 Wt. units
4 Sound units
5 Rhythm and _ ?
6 Loose upper garment
7 Blood clot

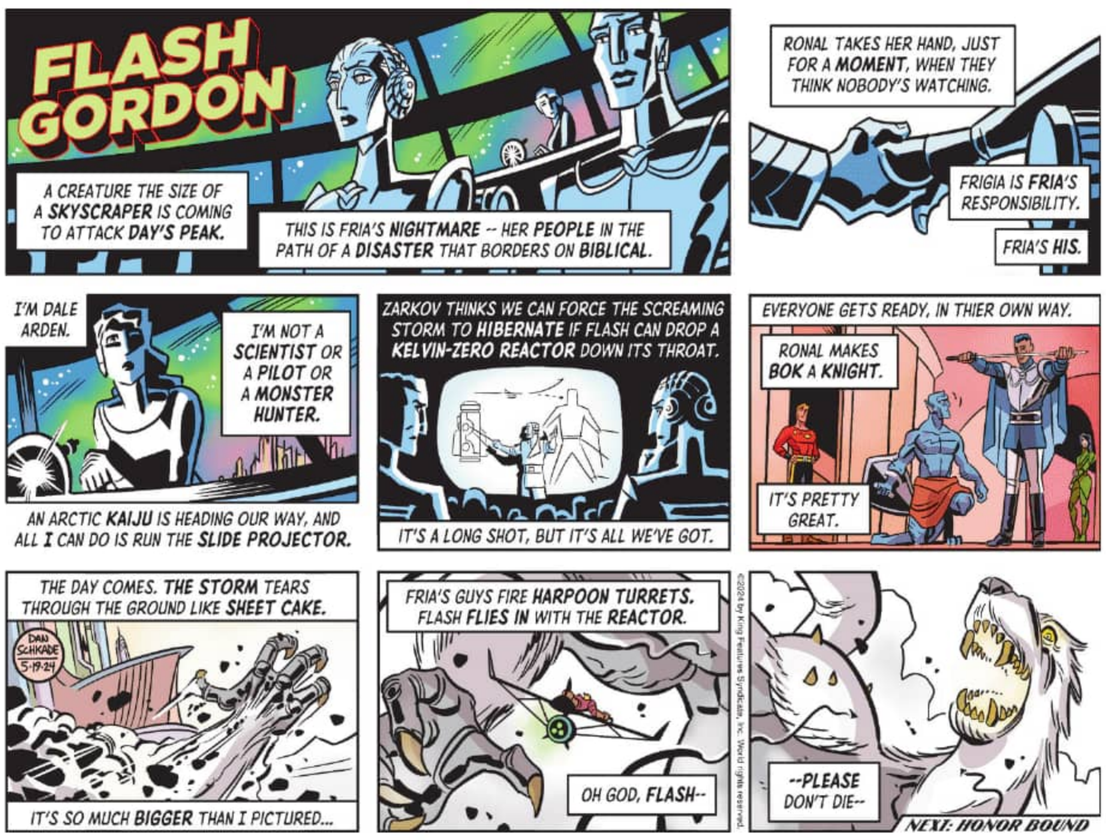


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS


The BETTER HALF
by GLASBERGEN
Featuring HARRIET & STANLEY PARKER
CHIPS
"It's an organ donor card. If you're just going to watch TV all day, I'll give your feet to someone who'll use them!"
GLASBERGEN 9-1
"They're scrambled eggs. I'm trying to build up my immunity to cholesterol."
"We don't have any children, so it will be up to you to take care of us in our old age."
"I got tired of buying batteries all the time, so I got a new TV remote."
"I've decided to exercise. As soon as I reach my ideal weight, hit me with this tranquilizer dart!"


FLASH GORDON
A CREATURE THE SIZE OF A SKYSCRAPER IS COMING TO ATTACK DAY'S PEAK.
THIS IS FRIA'S NIGHTMARE -- HER PEOPLE IN THE PATH OF A DISASTER THAT BORDERS ON BIBLICAL.
RONAL TAKES HER HAND, JUST FOR A MOMENT, WHEN THEY THINK NOBODY'S WATCHING.
FRIGIA IS FRIA'S RESPONSIBILITY.
FRIA'S HIS.
I'M DALE ARDEN.
I'M NOT A SCIENTIST OR A PILOT OR A MONSTER HUNTER.
AN ARCTIC KAIJU IS HEADING OUR WAY, AND ALL I CAN DO IS RUN THE SLIDE PROJECTOR.
ZARKOV THINKS WE CAN FORCE THE SCREAMING STORM TO HIBERNATE IF FLASH CAN DROP A KELVIN-ZERO REACTOR DOWN ITS THROAT.
IT'S A LONG SHOT, BUT IT'S ALL WE'VE GOT.
EVERYONE GETS READY, IN THIER OWN WAY.
RONAL MAKES BOK A KNIGHT.
IT'S PRETTY GREAT.
THE DAY COMES. THE STORM TEARS THROUGH THE GROUND LIKE SHEET CAKE.
DAN SCHKADE 5-19-24
IT'S SO MUCH BIGGER THAN I PICTURED...
FRIA'S GUYS FIRE HARPOON TURRETS. FLASH FLIES IN WITH THE REACTOR.
OH GOD, FLASH--
--PLEASE DON'T DIE--
NEXT: HONOR BOUND

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

Innovation and original thinking set you apart this year. You will likely break away from tradition to forge a unique path. Technology or modern solutions play a major role in your success. Don't be afraid to be the "odd one out" in your field. Your visionary ideas will eventually gain the recognition and the significant support they deserve.

Aries Mar 21 – Apr 20
Keep peace with others today by choosing cooperation over conflict, making life smoother for everyone. Avoid overreacting. Positively, you feel inspired to explore new ways to increase your income now.

Taurus Apr 21 – May 20
Today you have chances to express your views clearly, and others will listen attentively because you speak with passion and sincerity. You may also feel a strong desire to travel.

Gemini May 21 – Jun 21
Your focus turns inward today, encouraging reflection and thinking. You will excel at researching, solving lingering problems, and uncovering hidden information. Insight and clarity come through quiet observation and analysis.

Cancer Jun 22 – July 23
Be patient with others today, you prefer fun and lighthearted activities. Taking things slowly will suit you better. Enjoy spending time with younger people and engaging in lively, meaningful conversations.

Leo Jul 24 – Aug 23
This morning, your focus is on home and family, but later restlessness may push you to step out, travel briefly, or connect with others through engaging and important meaningful discussions.

Virgo Aug 24 – Sep 23
Your desire to travel or expand your horizons grows now. If travel isn't possible, you'll seek knowledge through books, courses, films, and conversations with people from different cultures and backgrounds.

Libra Sep 24 – Oct 22
Focus shifts toward finances today, prompting discussions, decisions, or negotiations about money and shared resources. You may feel motivated to organize your finances and explore opportunities that improve your stability.

Scorpio Oct 23 – Nov 22
Today brings a boost in confidence and emotional clarity, helping you express yourself more effectively. You can communicate important ideas, resolve misunderstandings, and connect with others through honest, thoughtful conversations.

Sagittarius Nov 23 – Dec 22
Connect with friends and groups today, as you prefer solitude and reflection. Your mental focus strengthens, allowing you to handle detailed tasks efficiently and approach challenges with clarity and precision.

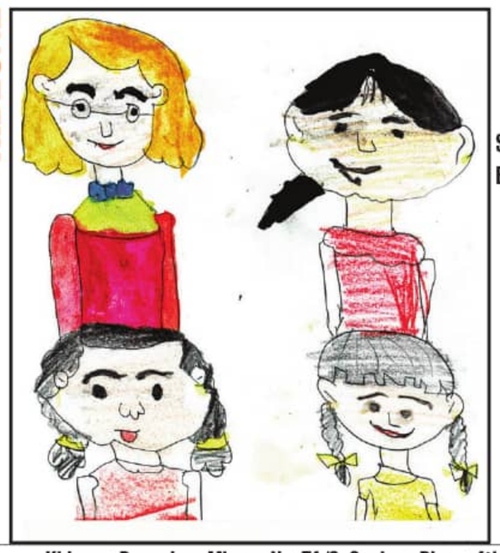
Capricorn Dec 23 – Jan 20
You remain visible and noticed today, attracting attention from others. Later, a meaningful friendship becomes important. You feel playful, enjoying activities like reading, writing, and games that stimulate your mind.

Aquarius Jan 21 – Feb 19
Travel or learning interests you today, while later you find yourself in the spotlight. Others could take interest in your personal life, and home-related discussions or improvement plans gain importance.

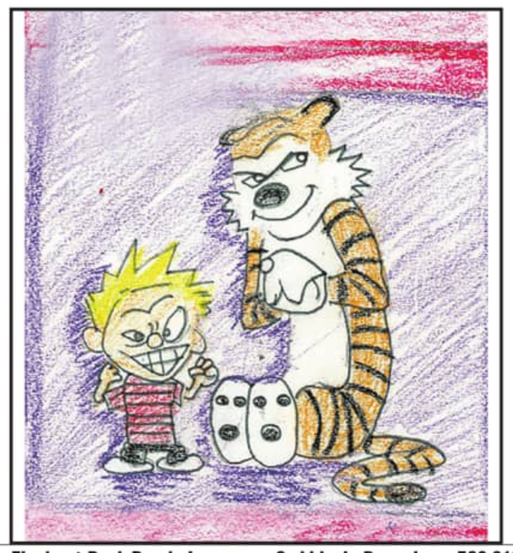
Pisces Feb 20 – Mar 20
Your pace picks up significantly now, bringing many tasks, meetings, and opportunities. It's a great time for short trips, learning new skills, and exploring fresh ideas that broaden your perspective.

www.sundeepkochar.com

KIDZONE



Sanjanna, Bengaluru



Anuradha, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= [√(3^4 − (3×2×1))]/√3
= [√(81 − 6)]/√3 = [√75]/√3
= [(√75)(√3)]/(√3 × √3)
= [√225]/√9 = 15/3 = 5

RIDDLER
Zoo: zoomed, bazooka, kazoo, zoology.

QUOTE UNCODE
No yesterdays are ever wasted for those who give themselves to today.

FAST FIVE

C	A	R	B	S
A	R	E	A	L
D	O	S	S	Y
E	M	A	I	L
T	A	W	N	Y

STRIKE OUT

S	L	O	W	S	K	E	T	O	S	I	S
L	A	A	H	P	O	X				H
I	K	N	A	V	E	R	Y			U
D	O	C	E	N	T	E	A	G	L	E	T
E	H	Y	E	W		E				E
S	R	S	L	A	B	S	R			E
C	A	P	R	I	C	U	R	A	L	
A	E				Q					N
B	L	I	G	H	T	D	R	Y	I	N	G
I	R	E	S	I	D	U	E				W
E	E	R	A	O	C	A					E
S	A	L	T	E	R	N	T	H	A	N	E

QUICK

										Y
				I	N	D	O	L	E	N	T
			F		D		E		O		U
S	I	D	E	S	T	E	P		N	E	O	N
	N		N		T		O		A		L	
G	U	D	A	V	I		R	E	C	A	L	L
	S	T	E	M	S		K	I	T		E	
		P				D	I	E		C	U	R	S	E
	F	R	E	E	Z	E		T	R	I	A	D	S
	E		L		K		A		L		E	
C	C	I	I		C	O	N	F	I	N	E	D
	X		M		A		O		M		R	
E	Y	E	S	H	A	D	E				G	

MENSA PUZZLE
30. In each circle, multiply the two upper numbers and subtract 10 to give the lower value.

BULL'S EYE
else, EPISTLE, isle, islet, lest, lisp, list, pest, pestle, seep, slit, site, sleep, sleet, stile, slept, slip, slit, spelt, spite, split, spilt, steel, steep, step.

SUDOKU

8	9	2	5	6	7	1	3	4
3	7	5	9	1	4	8	2	6
6	1	4	3	2	8	9	5	7
4	3	7	8	5	2	6	9	1
1	2	8	6	3	9	7	4	5
5	6	9	7	4	1	2	8	3
2	4	3	1	8	6	5	7	9
9	5	1	2	7	3	4	6	8
7	8	6	4	9	5	3	1	2

ALPHA TRIANGLE
B, Sb, lbs, Bels, Blues, Blouse, Embolus.

GO FIGURE
Easy
7 − 4 + 6 + 8 = 17
Medium
2 + 7 + 2 + 8 = 19
Hard
8 + 3 − 3 \ 2 = 4

LOOP

KAKURO

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To bee or not to...
Hollywood actor Kevin Bacon had a nasty encounter with the bees, and his daughter Sosie Bacon has ensured all of her father's social media followers that he is coping well albeit with a dash of humour

Iconic role

Kriti Sanon has left no one guessing about her dream role. The actress has openly said she would love to portray veteran star Rekha in a biopic. Recently in an interview, Kriti heaped praise on Rekha, calling her the 'ultimate baddie' and expressing genuine admiration for her larger-than-life personality, keen intelligence, and fascinating life story.

Talking to GQ India, when asked whose biopic she would love to be a part of, Kriti had only one name on her mind. "Rekha. She's the ultimate baddie. I know I look nothing like her, but I love her. Her heart, her guts, her aura. She's warm, intelligent, and has lived life on her own terms," she said.

In the same interview, Kriti got candid about the struggles that shaped her journey in the film industry. She spoke about going through long stretches of frustration and longing for more meaningful roles, a feeling that persisted until 'Mimi' came along and changed things for her. "There were roles I came very close to that eventually went to star kids, something that was beyond my control. When you don't come from a film background, there's a great amount of uncertainty you have to deal with. It has been a process of gradual growth, with me taking risks and making intentional choices. I have earned every opportunity; nothing has been handed to me. There was a phase where nothing was working, and it felt confusing. But, I am grateful for that period, because it gave me clarity on what I do not want to pursue. Failures teach you far more than success does," she said. **—ETimes**

Shallow tale of two parallel love lives

Mathe Male Hoyyuthide
2.5 RATING ★★½☆☆
- **DIRECTOR** Param Gubbi
- **ACTORS** Likhit Gowda, Jay Vardhan, Bhumika Gowda, an Sulaksha Khaira.
- **CERTIFICATION** U/A
- **Duration** 121 minutes

Director Param Gubbi has tried to showcase two parallel love stories in different timelines with this film, based on a short story written by K Sadashiv. Set against the backdrop of greenery in and around Sringeri and Horanadu, the movie has lyrics and screenplay by director Narendra Babu known for the movies Santheyalli Nintha Kabira, Kabaddi, and Yuvah. Gubbi deserves a pat on the back for completing the filming with a minimum number of artistes and at a few locations, but the movie does not have much depth. Some of the performances leave much to be desired and make it seem like the director was in a hurry to complete the movie without conducting the much-needed workshops for the artistes.

The movie begins with Ranganath (Jay Vardhan), a principal, taking English class for students. He walks out of the class when a few students disturb him. At this juncture, Narahari (Likhit Gowda) is seen teasing his classmate Chitra (Bhumika Gowda). The two later fall in love, but a few lecturers oppose this, while the principal supports them. You have to watch the movie to know why Ranganath supports the lovers and to know what happens to Narahari and Chitra.

Among the actors, Jay Vardhan is the best. His dialogue delivery and gestures are good, but he has a long way to go. Cinematographer Santaram Ipali has done a decent job behind the camera. The greenery of Sringeri and Horanadu are a visual treat. The co-producer, assistant director and director have also played roles of lecturers in the movie but their acting is not up to the mark. Music by Athishay Jain is okay.

The movie has no scope for heroics and comedy. If you have a thing for love stories, this film may be your cup of tea.

—Y Maheswara Reddy

Good message gone awry

Dhruti
2.0 RATING ★★☆☆☆
- **DIRECTOR** Jagadish M
- **ACTORS** Anchal, Prashanth Soppimath, Bhavana S Reddy, Sangeetha Anil, Dhanush BV, Manojkumar KN
- **CERTIFICATION** U/A
- **Duration** 93 minutes

Dhruti is M Jagadish's maiden movie not only as a director but also as a producer. Jagadish conveys a message on the importance of safety for women. A good intention, but the poor narration fails to carry it through.

The movie is too noisy -- all the actors are seen either shouting or shrieking. Scenes set in a police station are incongruous. In one scene two victims of assault and robbery wait at the police station, while the police inspector is seen questioning a rape victim and a woman cop is busy looking into a file without taking complaint from the victims.

The movie begins with Dhruti (Anchal) in a dressing room of a tennis club. We are immediately taken to a flashback that narrate what happened to her the previous day. The director shows how Dhruti was going home after practising tennis at night and how Prashanth (Prashanth Soppimath), a software engineer, was on the way to office. Both are attacked by anti-social elements.

The film suffers from a lack of experienced or known actors. Most of the cast, except Sangeetha Anil, are newcomers and they need to hone their acting skills. Sangeetha Anil only appears in a few scenes. Madhu Mandagere, who plays the police inspector, appears in only two scenes.

The movie has neither comedy nor songs to provide any relief to the audiences.

You can watch this film only if you have nothing else planned.

—Y Maheswara Reddy

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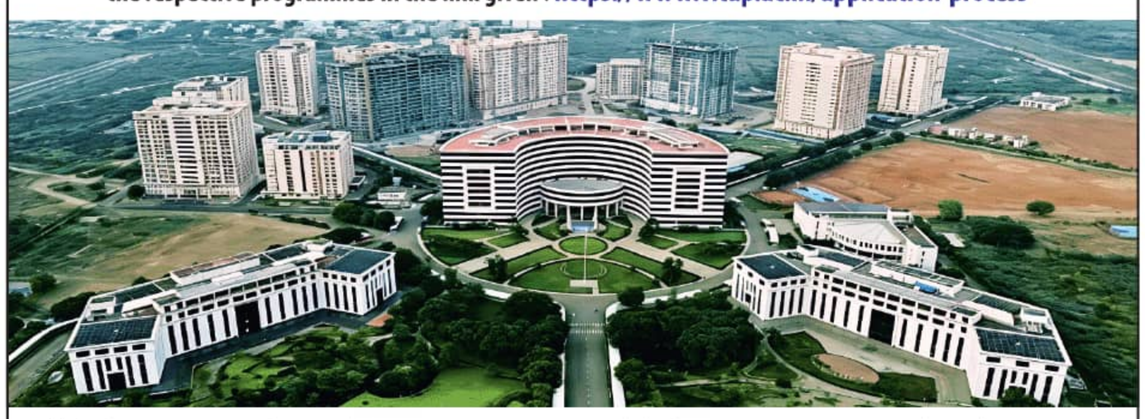

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